

Bodhi Tree

BOOK REVIEW



Issue Number 28
• Winter 2002 / Spring 2003

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West Hollywood
California
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**Sharon
Salzberg**

*Faith: Trusting
Your Own Deepest
Experiences*

**Brandon
Bays**

*The Journey:
A Road Map
to the Soul*

**John
Daishin
Bukshazen**
*Zen Meditation
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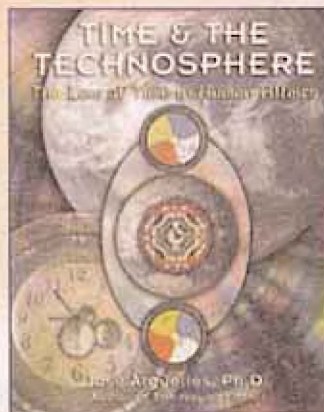
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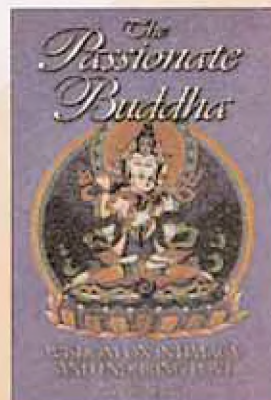


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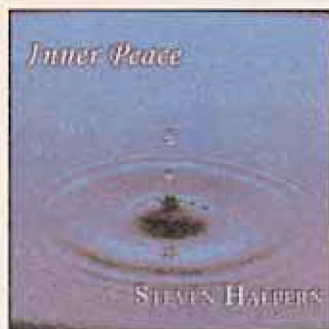
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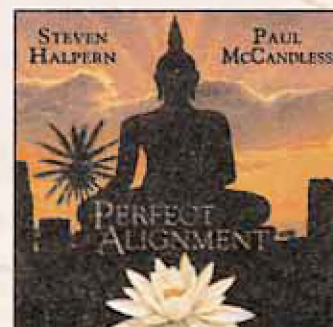
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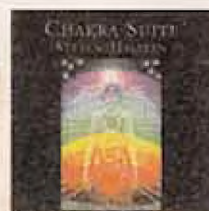
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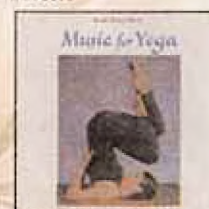


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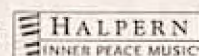
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ON THE COVER

On the cover: "Psychic Awareness" or "In the Light" by Emy Ledbetter. She is a gifted artist specializing in Angel, Goddess, Oriental and Native American paintings. Some originals and giclée prints are available. Please see www.ledbetterart.com. Please see the review for her tarot deck, *Guardians of Wisdom*, in Tarot & Oracles.



INTRODUCTION

When James Redfield and Michael Murphy spoke at the Bodhi Tree about their book, *God and the Evolving Universe*, they said "we live in a mysterious world that is evolving spiritually, and that the highest purpose in life is to participate in this evolution through conscious transformative practice." We embrace this viewpoint and providing the "tools" is what the Bodhi Tree Bookstore (and the Book Review) is about. In the following pages, we present books, music, and videos to help you understand your life and relationship to friends, family, loved ones, the community, the world and ultimately, the cosmos.

In our first feature, Sharon Salzberg examines "faith" in a new, vital way — as being the reason we go on no matter what adversity confront us. We learn about Sharon Sallzberg's devastating family life, but "faith" sustained her, and she was able to triumph over her failures. In the second feature, Brandon Bays describes *The Journey*, a remarkable new practice of self-healing using self-examination and forgiveness that brings about cellular regeneration. In the last feature, John Daishin Buksbazen discusses his book *Zen Meditation in Plain English* where he explains how the simple act of sitting regularly on a pillow for short periods of time, ostensibly doing nothing, can free us from "suffering," and possibly change the world.

The City of West Hollywood held its first book fair, "Fall Into Reading," on October 5, 2002, in West Hollywood Park, featuring mysteries, poetry, a wide variety of literary genres, famous authors, readings, diverse panel discussions, booths showcasing local independent bookstores, and many other special activities for families and children. The Bodhi Tree Bookstore had a booth and sponsored several authors (Judith Orloff, Gary Quinn, Fiona Horne, Margaret Fitzgerald, Amelia Kinkade, and Jody Uttal), along with a panel discussion "Communication with the Other Side" (Bob Bardonaro, Robin Alexis, Peg Klug, Michael Perry and Marti Baker). All in all, it was a superb first time effort, and planning has started already for next year.

If you find yourself pressed for time and unable to read leisurely through the many reviews presented inside (more than 110), we suggest the following short list of books (Editor's selections) from which to choose: *Guide For Grown-ups: Essential Wisdom From the Collected Works of Antoine de Saint-Exupery* (Visionary Fiction), *Hannah's Gift: Lessons From a Life Fully Lived* by Maria Housden (Death & Beyond), *I Have Landed: The End of a Beginning In Natural History* by Stephen Jay Gould (Math & Science), *The Lost Language of Plants: The Ecological Importance of Plant Medicines to Life on Earth* by Stephen Harrod Buhner (Ecology), *No Death, No Fear: Comforting Wisdom for Life* by Thich Nhat Hanh (Zen Buddhism), and *Power Vs. Force: The Hidden Determinants of Human Behavior* by David R. Hawkins (Psychology). Choose any one of these books for a vital and rewarding reading experience.

Another book we recommend is David Whyte's *Crossing the Unknown Sea* (reviewed in the **Work** section). Whyte takes us on a pilgrimage to the center of identity and the roots of growth in an imaginative conversation about life and work. He tells his story using poetry, gifted storytelling and personal experience, wrapped in lyrically inspired and powerful prose.

Acts of terrorism and other mayhem confront us, and we must respond. What best to do? Do we attack and fight or negotiate? What can be gained and what may be lost? Some of these thorny issues are addressed in Gore Vidal's book *Perpetual War For Perpetual Peace: How We Got To Be So Hated* and Noam Chomsky's *Understanding Power: The Indispensable Chomsky* (Sociology section). Other points of view are provided by *Seven Words That Can Change the World: A New Understanding of Sacredness* by Joseph R. Simonetta, and *The Tipping point: How Little Things Can Make A Big Difference* by Malcolm Gladwell.

We have some additions to our web site, such as "News," where you can find out what books, audio, video and gifts items have just arrived as well as current issues of importance. We have recently added lectures by James Redfield and Michael Murphy (*God and the Evolving Universe*) and Lynn Andrews (*Tree of Dreams: A Spirit Woman's Vision of Transition and Change*). Lectures by Jacob Needleman (*The American Soul*), Ron Teegarden (Chinese herbs and elixirs) and Amit Goswami (*The Visionary Window: A Quantum Physicist's Guide to Enlightenment*) have also been recently added. Five issues of the book review, including this issue, are now on our web site as a downloadable Adobe file (pdf). Both "virtually" and through our "existential" bookstore, we are at your service.

We have some terrific music for you (starting on page 31): Azam Ali's *The Portals of Grace*, Lorenza Ponce's *The Instrumentals*, Sonic Tribe's *Spirit Rising*, Steven Halpern & Paul McCandless's *Perfect Alignment* and Poumi's *Rudraksha: Sacred Incantations, Mantras & Chants from India & Tibet*. In video (starting on page 42), look for David Icke's *From Prison to Paradise: Astounding Information that Will Change Your Life Forever* and David Deida's *Spirit Sex Love*.

For many of us, finding the "right" book to address a particular need can be daunting, especially when presented with the vast array of books and material available in our store. Our goal is to continue to provide a comfortable, inspiring book place in which to experience and share the stuff of spiritual understanding and personal transformation.

Bodhi Tree Book Review co-editor Camilla Denton has moved on, physically to Ojai, where she is doing literary consulting. We enjoyed a long relationship and thank her for her expertise, capability, and friendship.

We wish you joy and good health and may the wonderful books and music you discover bring bounty to your life.

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Sharon Salzberg

on *Faith: Trusting Your Own Deepest Experience*

Sharon Salzberg has been practicing and studying Buddhism for more than thirty years, and during this time, has trained with some of the foremost masters of India, Burma, Nepal, Bhutan, and Tibet. She is an acclaimed spiritual leader and meditation instructor as well as cofounder of the Insight Meditation Society, a center devoted to meditation training, and the Barre Center for Buddhist Studies in Massachusetts. She is the author of the noted book, *Lovingkindness: the Revolutionary Art of Happiness*.

In *Faith: Trusting Your Own Deepest Experience*, Salzberg draws on her own spiritual journey and the teachings of the Buddha to offer a new definition of faith as a quality that can heal life's deepest wounds. Salzberg presents a meaningful, intelligent sense of faith that does not require a belief system or a connection to any deity or God, but has an inner quality that unfolds as we learn to trust our own deepest experience. What follows is an edited version of her Bodhi Tree Bookstore August, 2002 presentation.

In meditation practice, the big life lessons are often contained in small packages. The instructions might seem almost simplistic, but in fact they often have a profound and powerful effect. That's what I have discovered.

I first went to India to learn how to meditate in 1970. I was a student at the State University of New York at Buffalo and had taken a course in Asian philosophy, which included Buddhism. They also had an independent study program at the school, so I designed a project where I could go to India and study meditation. It was accepted, and off I went.

I had a lot of ideas about the fantastic, supernatural, exotic, or esoteric technique I would be given that would cure all my ills and make me a happy person. Now, I had never meditated before for even one moment, and when I entered an intensive 10-day retreat, much to my amazement, the instruction was to sit down and feel your breath. My first thought was that I could have stayed in Buffalo to feel my breath, but then I thought, maybe I'm just like a baby. I'll do it for a while and I'll have the great breakthrough experience, which will be obvious to everybody, especially the teacher. And then he'll take me aside and he'll give me the real stuff. So it's been over 30 years, and when I go to practice in that lineage with those teachers, it's still the same instruction, that same simple, direct, returning to your present experience kind of instruction. There's something powerful about tuning into that kind of simplicity.

We need not think of meditation practice as an effort to squeeze our minds down to, say, the breath, while rejecting all thoughts and getting tighter and tighter and tighter. We can think of it as learning how to return. As we meditate, we're with one breath or two breaths or three breaths, and our mind leaps to the past to some situation that we may regret but can no longer change. Or our mind jumps off into the future and we create an entire world that has not happened and may never happen. Mark Twain said something like, "Some of the worse things in my life never happened." But that's what our mind does. And so, to learn how to come back gently with compassion for ourselves, honoring the ability we have — no matter what — to always begin again, that's really the art of meditation.

When I first told people I wanted to write a book on faith, I was often met with disbelief, chagrin, or alarm — all kinds of intense reactions. Some people felt they came to Buddhism to get away from faith. But when I looked into my own life, and the lives of my friends and my meditation students, I felt that faith was the one quality that really led us through difficult times, or enlarged

our picture of life so that we could go beyond limitation. However, many people think that faith implies losing your ability to question, or to understand for yourself.

Nowadays, we live in a molten, volcanic universe where everything changes all of the time. We can't even count on knowing what will happen tonight. I wanted to invite a use of the word "faith" that admitted how much we don't know, and still left room for the courage to go forward. The traditional meaning of the word "faith," or the more literal translation from the Buddhist tradition is "to place your heart upon," "to offer your heart." But we need discernment, care, and intelligence in looking at where the heart's offering is going. It's not antithetical to wisdom at all.

For me, faith means connection. It means connecting to the deepest strengths we have within ourselves, while also connecting to a world view where we understand how closely linked we are to one another. No matter how alone we might feel, or disconnected, or separate, that's not actually the truth of the matter. I think we rely on faith all the time anyway, or we'd never get out of bed in the morning. Why do we try? What has us believe that tomorrow doesn't have to look like today? What has us think that the self image that has imprisoned us won't always dominate our minds? What has us willing to take a risk to be different? That's all faith. I think our use of faith, or our treasuring of faith, can be vibrant, alive and fresh and liberating. It doesn't need to carry all of our usual associations.

I once taught meditation in a federal women's prison in California. One woman said, "When you're in prison, it's especially important to try to live in the present moment because there's nothing easier than to be completely lost in the past, which you cannot change, or to live in helpless longing for a future, which is not yet here." She added, "If you do that, then it's like you're not really alive." And then she looked at me and said, "I choose life. I choose to be alive." I thought this was a quintessential expression of faith. We can't know what will happen next, but we can be truthful to what is happening right now. And when we do that, we discover strengths within that are different from our normal point of view.

Originally I wanted the book to be subtitled "The Journey from Lucy to Lalla," and here is why: Some friends and I once moved into a house to do a retreat and I discovered that someone had left a cartoon in the bedroom that I was going to use. It was a cartoon from the "Peanuts" comic strip. In the first frame, Lucy says to Charlie Brown, "You know, Charlie Brown, the problem with



Faith

Trusting Your Own Deepest Experience

By Sharon Salzberg

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Sharon Salzberg writes, "No matter what we encounter in life, it is faith that enables us to try again, to trust again, to love again. Even in times of immense suffering, it is faith that enables us to relate to the present moment in such a way that we can go on, we can move forward, instead of becoming lost in resignation or despair." Please see review in **Buddhism**.

you is that you're you." Then in the second frame, poor Charlie Brown looks at her and says, "Well, what in the world can I do about that?" Then in the third and final frame, Lucy says, "I don't pretend to be able to give advice. I merely point out the problem." And somehow, whenever I was doing walking meditation by that desk, my eye would fall on that line — "The problem with you is that you're you" — which resonated very strongly, as it does for many people. I'm sure Charlie Brown had suspected his entire life that if he really looked deeply inside, it would be bad news. And that's where most of us begin — but, then, something happens. We meet a teacher, read a poem, go to a sacred site, or we imagine how life can be different. That's a stage in Buddhism that is called "bright faith," which is like falling in love. It's as though we've been looking at a door that seems to have been shut forever, and then it opens. And what has seemed like a small, enclosed, limited possibility expands. It blows open and we are lifted out of our ordinary life into this immensity, this glorious, beautiful state.

In Buddhist teaching, faith is a process that continually evolves and changes. The first stage of bright faith is only the beginning. The next stage is called "verified faith," where we're no longer so dependent on someone else, since we know the truth inside of ourselves. Verified faith is grounded in our own sense of what's true, in our own experience. Now, strangely enough, the path from bright faith to verified faith is by way of doubt — doubting and wondering and questioning and exploring. It means we demand to know the truth for ourselves, through our own practice, rather than just admiring it in someone else. We have the famous



“Faith is being in touch with the strengths or powers in this universe that are not defined or crushed by our circumstances. Then we can go forward, even if we’re very afraid...”

Buddhist saying, “Don’t believe anything just because I say it. Put it into practice. See for yourself what’s true.” We have the common view that doubt is the enemy of faith, but the right kind of doubt is based on the feeling that we have both the right and the ability to know the truth for ourselves. That kind of doubt will enhance and enrich our faith.

If anything is the opposite of faith, it’s despair. Faith is that which links us up and connects us to these deepest truths within. It connects us to one another and to a bigger picture of life. The opposite of that is the feeling that we are completely disconnected, alone, or utterly isolated. That’s a state of despair, and that’s the opposite of faith.

And so, that’s the journey. It starts more often than not with “Lucy mind.” And what it comes to, I think, can be expressed in a saying by Lalla or La Ded, a fourteenth century mystic from Kashmir. This passage is from the epilogue of my book:

“At the end of a crazy-moon night
the love of God rose
I said, ‘It’s me, Lalla.’”

As if renewing her acquaintance with an old friend, Lalla addresses her God casually, sweetly, intimately. Enchanted, I felt inspired by her winsome response, her calm expectation of being remembered. “Hi, you remember me, don’t you?” Lalla offers herself completely, no reticence due to feeling a lack of self-worth, no questioning of her absolute right to be there, face-to-face with the vastness of her ultimate truth . . .

Like Lalla, we all have that absolute right to reach out, without holding back, toward what we care about more than anything. Whether we describe the recipient as God, or a profound sense of indestructible love, or the dream of a kinder world, it is in the act of offering our hearts in faith that something in us transforms, and

what may have been merely a remote abstraction flames into life. “It’s me, Lalla,” becomes “It’s me . . . whoever we are,” proclaiming that we no longer stand on the sidelines, but are leaping directly into the center of our lives, our truth, our full potential. No one can take that leap for us; and no one has to. This is our journey of faith.

QUESTION: What is the difference between faith and belief?

SALZBERG: Beliefs, as I use the word, are constructs that contour our sense of the universe. I might believe in a future life, for example, and therefore, that affects the way I behave in this one. Faith, in contrast, is admitting what we don’t know and going forward anyway because of that strength of heart. I don’t think beliefs are necessarily bad at all. They may bring not only comfort and solace, but also inspiration and a tremendous articulation of truths that we can’t affirm through our own experience. But everything depends on how we hold the belief.

QUESTION: It seems that you first need something almost like faith to arrive at verified faith, or some kind of trust in your own self. How does that come about?

SALZBERG: You do need trust in your own self, and I think that is a great challenge for many of us. We need to learn to trust our own deepest experience and honor that — my sense of faith is very much interwoven with that kind of love and respect for oneself. It’s like a journey. It’s halting, and it happens in fits and starts, but we know where we want to go. There’s nothing wrong, or incorrect about finding that we have to begin again and again and again.

There are many ways to work with our doubts or uncertainties. The primary tool I’ve used, of course, is meditation. Rather than the strict, formal sense of meditation, that means having an ability to relate to the various things that come up in one’s mind with compassion, wit and some ease rather than spiraling into a negative self-judgment.

QUESTION: I heard you say that fear is the opposite of faith. Can you talk about that a little bit?

SALZBERG: Fear certainly is different than faith. But one of the things I learned, and one of the things I wrote about, is that we can have faith right alongside our fear. We don’t have to vanquish our fear or make it go away. Instead, we can learn to touch something deeper in the face of the fear, which enables us to go on. The chapter I wrote about fear draws on my experience with Ram Dass. He is a very important spiritual teacher and friend for many of us, and as you may know, he had a stroke. From a Buddhist point of view, the fears we experienced about Ram Dass would be called fixated hope, which is similar to attachment. We feared that maybe he’ll be able to walk again, but not talk, or maybe he’ll be able to talk again, but not walk, or maybe this or that will happen, as though by saying something enough we could make it so. I really wanted him to get better. But I realized at some point that he himself was going into the unknown, and the only way to fully go there with him in love and friendship was to acknowledge that. The fear didn’t go away, but in some ways, it was more surrounded with love and care.

I saw him not long ago. I was teaching a retreat at Spirit Rock Meditation Center up North and one night he came to dinner. When he had to leave, he decided he wanted to walk down the stairs instead of using his wheelchair on the ramp. So someone lifted him up out of the wheelchair, and then step by laborious step, leaning on somebody, he went down the stairs. When he got to the bottom of the stairs, we almost dropped him, but we got him into the wheelchair. He wheeled over to the edge of the car door and lifted himself up inside the car. During this whole time my heart was sinking, and I kept thinking, that this was such an ordeal for him and so painful to watch. But then, as I was standing directly in front of him, he looked at me and gave me a beautiful, radiant smile and said, “None of this makes any difference at all, you know that.” And I said, “Oh. I guess I do know that.” This was a beautiful expression of faith, touching on those deepest truths, those things that will support and sustain us. It is our own power of love, the love that is in the universe and our power of connection, no matter what. Faith is being in touch with the strengths or powers in this universe that are not defined or crushed by our circumstances. Then we can go forward, even if we’re very afraid.

BRANDON BAYS



THE JOURNEY: ROAD MAP TO THE SOUL

Brandon Bays had been working in the natural healing and alternative health field for 15 years when she was diagnosed with a basketball-sized tumor in 1992. Alarmed by the size of the tumor and the related internal bleeding, her doctor called for immediate surgery. Brandon, however, begged for a short 'window of time' to try her own mind-body healing methods. Within weeks she walked away from her doctor with a clean bill of health. Miraculously, without drugs or surgery, her tumor was gone.

What Brandon Bays had discovered was a remarkable self-healing process of cellular regeneration, which is based on the physical link between suppressed negative emotions and cellular disease. Our cells continuously regenerate, and as they do so, negative memories are passed on to new cells, leading eventually to illness and disease. Brandon Bays has found a practical way to free our blocked cell receptors via an 'inner journey,' which she explains in her dynamic and innovative book **The Journey: A Road Map to the Soul**. What follows is an edited version of her Bodhi Tree presentation in April, 2002.

If you would like to know more about this work, please contact THE JOURNEY: Phone: 1-866-860-0900, e-mail: thejourney@compuserve.com, or on the web: www.brandonbays.com.

On September 10, 2001, my book *The Journey* was released and 600 press releases went out. I was prepared for a big book launch, but after the disaster of September 11th, I realized I was here for an entirely different reason. New York City is my original home and when I saw those towers falling, it impacted me quite strongly. You may remember that after a couple of weeks, President Bush said it was time to go back to work and time for the country to move on. On one level, that was a healthy idea, but something different happened in our hospitals: They filled up with people whose various illnesses seemed to suddenly become acute.

There is a reason for this surge in serious illness after such a traumatic event. When we experience a strong emotion that we repress, it releases chemicals into the bloodstream which will go to certain cell receptors, causing blockage and rendering those cells incapable of communicating with the rest of the cells in the body. If disease is going to happen, there is a propensity for it to happen in the part of the body where the cells are blocked. But *The Journey* offers a way to reverse this process.

If I had to say in a nutshell what *The Journey* does, it's a process of getting in contact with what I call "Source", or the "Infinite Intelligence" of the body, or "The Living Presence." It's the part of you that makes your heart beat and your eyes shine and your hair grow. It's the part of you that's awake even when you're asleep at night. Now, previously, it was thought that to get in touch with that Infinite Intelligence of the body, we'd have to have some kind of spiritual revelation. But part of the gift of my own healing journey was to pioneer a direct way to access that Infinite Intelligence. At the same time, I learned how to access the cell memories stored inside the body that perpetuate the disease process.

The best way I can describe the essence of *The Journey* is through a metaphor, a little story. I was conducting an "abundance" retreat in England, and during the lunch hour I had instructed all the students to go out on the lawns and the pastures and repeat the words, "I am." "I am" as we looked at the trees. "I am" that presence that's in the grass. "I am," as we looked at a bush. My husband and I decided to participate in this process, and so we were just walking around on the lawn silently repeat-

ing "I am," and I came across a big pile of cow manure. Before I could stop myself, I burst out laughing, because I heard myself saying, "I am the shit."

I once heard that we all come into this life as a pristine, flawless diamond, completely whole, full of potential, and radiant. And yet, unfortunately, through the course of life's pains and trials, our extraordinary potential gets covered over, layer upon layer with the "brown stuff." Then, when we get to be adults, we further cover over this whole mess with bright shining nail polish. When we present this polished veneer to the world, we wonder why people think we're so full of ... "it."

But if you're very lucky, life gives you a wake-up call. Then, for a moment you crack through that hardened veneer, or those layers of muck, and you uncover a shining radiance, an awe-inspiring brilliance, and a love that is beyond any description — and you realize it's been there all along. You so fall in love with the truth of who you are that you will do anything to clear out the muck. "The Journey" is about peeling back the layers of your onions until you open into the extraordinary presence of your own soul — a boundless stillness — and you realize it's always been there. And then, from that level of consciousness, you uncover the blocks that are stored inside the body, clearing them out, resolving them and forgiving them, so that your body and your being can go about the process of healing naturally.

I always had an intense thirst to understand life at a deeper level: what is it, that makes us what we are? In my university education, I studied psychology, philosophy and comparative religion, but I kept feeling that book knowledge wasn't enough. I began to take seminars, eventually going to hundreds of them. I've never been to a seminar where I didn't take something away and put it to use in my life, such as learning to trust our gut responses to things. I began to understand that our soul communicates with us through the physical form. Your body is the barometer of your soul, and the answers worth knowing are the ones you uncover inside yourself. Everything else is just an idea — and I had to learn that the hard way.

I studied everything that could explain the nature of healing — kinesiology, acupressure, massage, herbology, and iridology, you name it. But something deeper seemed to be missing, so I turned to the psychological fields and studied Neuro-Linguistic programming, Neuro-Associative conditioning, hypnosis, emotional release work and women's shamanism. Still, I felt there was more. Finally, I ended up going on a seven-year spiritual search and diving into the roots of the great world spiritual traditions — ancient Christian mysticism, Judaism, Sufism, Buddhism and Hinduism. Then I began to connect with something that spoke deeply to my heart.

After about 10 years of study, I joined with other therapists to open a free-of-charge healing center in New York City. We would simply offer our services and people could design their own healing program be it herbology, acupressure, a nutritional cleanse, or emotional and physiological release work.

This work gave me the opportunity to watch what was happening in people who experienced physical healing. It was as if their soul was guiding them through the physical healing process while they were

"We all have emotional issues in which we are trapped. I pray that you decide to experience this internal boundless love, joy, and freedom. Ultimately, this is a process for awakening to the extraordinary presence of your own soul."

learning some deeper lesson that I couldn't name. Often they would talk about discovering a greater and deeper gratitude for their own lives, and life in general.

As I approached my 39th birthday, it seemed that everything in my life had reached a peak. I was a vegetarian, worked out daily, and I felt emotionally fulfilled in my marriage, career and family life. As a therapist, I'd done every emotional and physical cleansing process imaginable. I felt that I was at peace. But then the last thing I ever expected happened: My tummy began to grow and I didn't want to believe it was happening to me. But as I was sitting in meditation one day, a gut instinct came that I might be seriously ill and urgently needed to see a doctor. I didn't realize that this particular illness was aggressive, meaning that the cells replicate exponentially. My tummy went quickly from being just a little bit puffy to being quite large.

When the doctor examined me, she said, "Brandon, you are equivalent to five months pregnant with a tumor that is the size of a basketball. And not only that, it's crushing the rest of the organs. You need to enter the hospital today for further tests so you can have it surgically removed."

"You know what?" I said, "I can't just let you take out this tumor. I need to be given a chance to give it my best shot."

And she said, "Brandon, it's not just the size. This isn't your period that's come suddenly. You're bleeding internally."

And I replied, "Look, I'm trained in NLP, homeopathics and medical hypnosis. If through one of those routes, I can get the bleeding to stop over the next three days, how much time could you give me?" She agreed to give me exactly one month to give it my best shot. Then, if it hadn't healed, I would return for surgery.

As I left her offices, my heart was pounding like that of a wild doe, and my mind was racing. But then I saw a mimosa tree that I had not noticed on my way in. I was so arrested by its beauty, and simply awed by being able to smell the fragrance and see that bright yellow color. I felt waves of gratitude just for being alive, and being able to see a tree, or to smell and breathe. And as I looked at that tree, my racing, thinking mind came to a state of

rest, or stillness. And out of that stillness came a gut feeling that somehow I would be guided to heal. I was fully aware that I was being invited to go beyond everything that I had learned up to that point, and I was reminded of all the people I had worked with in New York City who were living, breathing examples to me. I had, after all, seen people who had been diagnosed with much more serious illness than mine go about their own process of healing, and through the studies I had done with Dr. Deepak Chopra, I knew about the healing that can occur at the cellular level.

We know that the cells inside the body replicate at varying speeds. You get an all-new stomach lining every three days, while eye cells replicate in less than 48 hours. There won't be a single molecule in your body a year from now that's here today. And before each cell generation dies, it passes on its consciousness and its programming to the next one. Chopra postulated that degenerative cells become degenerative because they store repressed emotional memories. Then, the next cell is born as an exact replica, so the consciousness gets passed on from one cell generation to the next. Survivors of serious illness, however, somehow get access to that cell memory and clean it out, which keeps negative programming from being passed on to the next cell generation. But it's one thing to know about cell memories and it's quite another to have a step-by-step means to get access to them. And no one had given us that means.

I was three weeks into my healing journey. I was on a one hundred percent live food, fresh juice diet. I was getting a colonic and a massage every other day. I was taking herbs and I was getting emotional release processes and NLP processes done. I was doing everything I knew of to cleanse the body, make myself vibrant, and slough off the degenerative cells. As a result, I was feeling and looking vibrantly healthy, but my stomach was still as stretched and taut as a drum and as hard as a rock. So one day, during a massage, I realized that I had been brought to my knees by this tumor. I felt abject despair and something inside of me just gave up. I felt this peace that filled the room, and out of the peace I heard a simple prayer that spontaneously began to pray itself: "Please, let me be guided to uncover

what's stored inside this tumor. Let me learn what it is my soul is trying to teach me, and let me forgive it, or resolve it, and let it go." Then spontaneously, I was guided right inside my body and straight into the tumor. When I got access to the memory there, immediately my arrogant, know-it-all, expert, therapist-thinking mind said, "Oh, it can't be that memory. I know all about that memory. I handled that memory years ago." I knew it was a memory of childhood violence. "I've long since put that one to bed," said my thinking mind, but my body and my soul were saying, "not really." And I thought, "Well, what have I got to lose?" I began a process of resolving it, which I had used in the past, and I arrived to that same place of acceptance that I had felt for years. Thinking that nothing was different, I asked the peace, "Am I complete?" and the simple word, "no," came, followed by waves of shame and failure. What could I do? I didn't know where else to turn and I didn't know any more questions to ask. So again, I surrendered, and out of the stillness, I heard myself give birth to another prayer: "Please, let me be guided to complete, to finish up, please." And the simple word, "forgiveness," came, with a wave of emotion. Then I realized that there's a quantum leap between acceptance of what's happened and forgiveness. I had been clinging to blame for 30 years, but at that moment, it was over.

As I got up from the massage table, I felt woozy and began to wobble. I felt disoriented, as though molecules were moving inside, although I can't say for certain what was happening. All I know is that something felt like it was shifting, and all the other memories of violence from my childhood started pouring out. It felt like a process of emotional and cellular detoxing.

About six and a half weeks later, when I went to Cedars-Sinai, all the tests indicated I was completely tumor free! I didn't feel that I was the luckiest person alive — I knew I was. And that gratitude was one of the many gifts that my soul had to teach me.

This experience changed my whole approach to therapy. It motivated me to give up my old methods, and work with people at the soul level. And so, I went on another spiritual journey, and I actually did find a means to get direct access to the soul. It is a step-by-step way to pull back the emotional layers and open into a blaze of love, light and stillness, and from that place, clear out the emotional and physical blocks. It means that you can uncover your own essence, or inner diamond, clear out your issues and complete your process of healing. I realized that each and every person is capable of doing this.

My work is called "Journeywork" or "The Journey," and I now teach it throughout the world. It is used by physicians, hospitals, and individuals everywhere. I have also developed programs for children called "The Junior Journey."

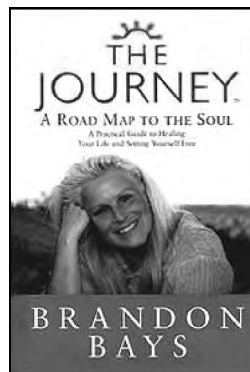
My prayer for everyone is that we don't wait until we get a wake-up call like I did. Please decide that you're going to go on your journey now — there are tools for that in my book, and I continue to give seminars. It's not just Brandon's story anymore since tens of thousands of people are using this process worldwide and getting extraordinary results. We all have emotional issues in which we are trapped. I pray that you decide to experience this internal boundless love, joy, and freedom. Ultimately, this is a process for awakening to the extraordinary presence of your own soul. This is my call to action to all of you.

The Journey: A Road Map to the Soul
By Brandon Bays

\$24.00. 196 pp. cloth. ISBN 0743443926. Pocket Books
\$12.00. 196 pp. paper. ISBN 0743443934. Pocket Books

This book describes a unique process that guides us directly to the roots of any difficulty and then gives us the tools to permanently resolve it, bringing illness to an end. It is an extraordinary process of soul-searching, and ultimately a liberating journey of healing. Please see the book review in **Inner Healing**.

Also available: audio cassette of the book (abridged, \$15.00 ISBN 9990432104), an audio cassette set of the complete *Journey* (\$99.00 ISBN 9990432112), and a video presentation (\$27.00 video cassette. ISBN 9990432090)



In about 1968, when I was studying at the Zen Center of Los Angeles, Maezumi Roshi asked me to create a program of introductory instruction in Zen practice. He also suggested that I might want to pattern it on the introductory lectures which were originally developed in Japan around 1900 by Daiun Harada Roshi. These lectures appear in the *Three Pillars of Zen* by Phillip Kapleau Roshi, which is a classic in its own right.

In giving these introductory talks for the better part of a decade, it was challenging to maintain some sense of immediacy while presenting the same material over and over again. I found myself making a vernacular translation into my own rhythms of speaking, and what I fondly imagined to be the rhythms of speech of people who were coming to the Zen Center during the seventies. That's how the talks evolved, and eventually, how this book came into being. The talks were first published in 1976 in a book called *To Forget the Self* which is now out-of-print. It was a hybrid book containing my text plus a collection of beautiful high art photographs by John Daido Looi Roshi, who is now the Abbot of the Zen Mountain Monastery in Mt. Tremper, New York.

But as I thought about doing this current book, I returned to what I had originally hoped it might be: a book you could stick in your pocket or in your knapsack and take along with you; a book to refer to in an odd moment or so if you felt like browsing, or reviewing part of it. The instruction itself is basically unchanged from the talks given by Daiun Harada Roshi. In some sense, over the years I've come to feel a real sense of connectedness with him, through my first teacher Maezumi Roshi, as well as through Bernie Tetsugen Glassman Roshi, who was Maezumi Roshi's senior successor, and through Bernie's successor, Wendy Egyoku Nakao, who is the present Abbot of the Zen Center of Los Angeles (ZCLA). It's a connection that seems to go beyond culture and time and place, and it's in that spirit that I offer this book.

I enlarged this edition of the book by adding some of the questions that are often raised by beginning Zen students. I polled the ZCLA beginning meditation instructors, who provided both recurring questions and some of the accompanying answers. And finally, we included a list of all the Zen centers and instructors in the lineage of Maezumi Roshi, the White Plum.

One of the sections of the book is on community, or collective practice, in which I particularly discuss the practice of sesshin (a Zen retreat usually lasting seven days). Now, sesshin comes from two Japanese words, setsu and shin. Setsu means "to collect," "to bring together," "to unify," or "to regulate," and shin, means "heart/mind." So, sesshin means to unify the heart/mind, and this unification takes place on at least a couple of levels. One level is within the individual, and the other is among a group of people who are practicing together to create an ambience, to enter into a sacred space, that goes beyond the I-thou of Martin Buber, and into an altogether different realm, a kind of significant we. It includes the diversity of the individual members, and yet with a singleness of mind. Here's some of the description of sesshin taken from the book:

Most people report that their first sesshin is a most unsettling experience, at least in the beginning.

JOHN DAISHIN BUKSBAZEN: Zen Meditation in Plain English

John Daishin Buksbazen is a Zen Buddhist priest at the Zen Center of Los Angeles (ZCLA). Ordained in 1968, he trained for more than a decade with Taizan Maezumi Roshi while serving as publishing editor of the ZCLA Zen writing series, and also as a pastoral counselor. He is now a psychotherapist and psychoanalyst in private practice in Santa Monica, California and a faculty member at the Southern California Psychoanalytic Institute, where he did his psychoanalytic training. The following is an edited version of his May, 2002, Bodhi Tree presentation.

First of all, once the sesshin has formally begun, no one speaks or even makes eye contact with anyone else....

... Gradually, however, once the familiar conventions are set aside, a subtle sense of relatedness in the midst of the silence begins to manifest, a deepened appreciation of shared purpose and experience quite independent of the more familiar patterns of everyday social give-and-take....

...For the first three days of sesshin, especially, the physical adjustment is also frequently quite rigorous. The muscles of the body, used to very different patterns of activity and repose, must now accommodate themselves to lengthy periods of immobility and the stress of maintaining zazen many hours each day more than they are used to normally ... By the third or fourth day, the body has greatly adjusted to the physical stresses ... so that there is a real feeling of having gotten over the hump ...

At this point, sesshin may become very closely integrated into oneself, so that there is no separation between the demands of the sesshin schedule and one's own personal needs and rhythms ...

...As we sit together, each of us uniquely ourself, we can also appreciate our common humanity, our membership in a community that is vastly bigger and more inclusive than our differences....

...In a way, it's even misleading to speak of sitting alone or together. No matter how many people are sitting in the room, there is still only that great reality with each sitter at its exact center. In that sense, since each one is the whole universe, each one is always alone. The "whole universe" is always alone, literally "all one," since it includes everything and everyone throughout space and time. There is nothing outside of it to keep it to keep you-company....

...A final word of encouragement: whatever happens in your life and practice, just take note of it and keep going on

that long and gentle walk ... Remember who you are, and keep on going. And forget about that, and keep on going.

QUESTION: *As a psychotherapist, how do you meld Eastern and Western thought together?*

BUKSBAZEN: I've been steeped in both therapy and Zen practice for such a long time that I can no longer really tell them apart. So, when I'm working with people, I try to speak a language that they can relate to, and to address what they are bringing me. One way or the other, we're talking about everyday life — the give and take, the loss, the struggle, the anxiety, and the uncertainty. These are things that we all share.

QUESTION: *Could you say something about how you make use of yourself, and tune into yourself when you're with a patient or a client?*

BUKSBAZEN: There is a mistaken idea that both psychotherapy and meditation are primarily mental practices, but I don't think that's quite accurate. I think of both disciplines as physical; the body-mind connection is really no connection at all, since the body-mind is actually one thing. Even if you pronounce it "bodhi-mind" (That's a little Buddhist in-joke). When we deal with people, we always respond physically. Sometimes we're grossly aware of it. If somebody's really pissing us off, we find ourselves with clenched fists and a rapid heart rate; or if we're intimidated or anxious about some encounter, we may find ourselves with shaky knees, a dry mouth and sweaty palms. Or, on subtler levels, we may just somehow feel the quality of that contact. We are physical beings and not just disembodied mentalities. Emotional exchanges between people

have their correlates in human physiology, biochemistry and neural-electrical responses, as our current research in neuropsychology continues to demonstrate. So, we must realize that there is no way to have an encounter with another being — whether you're making love, or meeting someone for the first time and shaking hands — without it being a physical experience. And there is no way to have that physical experience without it being either reminiscent of something you've experienced, or suggestive of something that is yet to come. All of those reactions make use of the individual's awareness to the responses of the body-mind.

QUESTION: *What does belief mean in Zen?*

BUKSBAZEN: We say that there are three essential ingredients to Zen practice. One is great questioning. In *The Three Pillars of Zen*, it's expressed as great doubt,

Zen Meditation in Plain English

By John Daishin Buksbazen,
with a Foreword by Peter Matthiessen

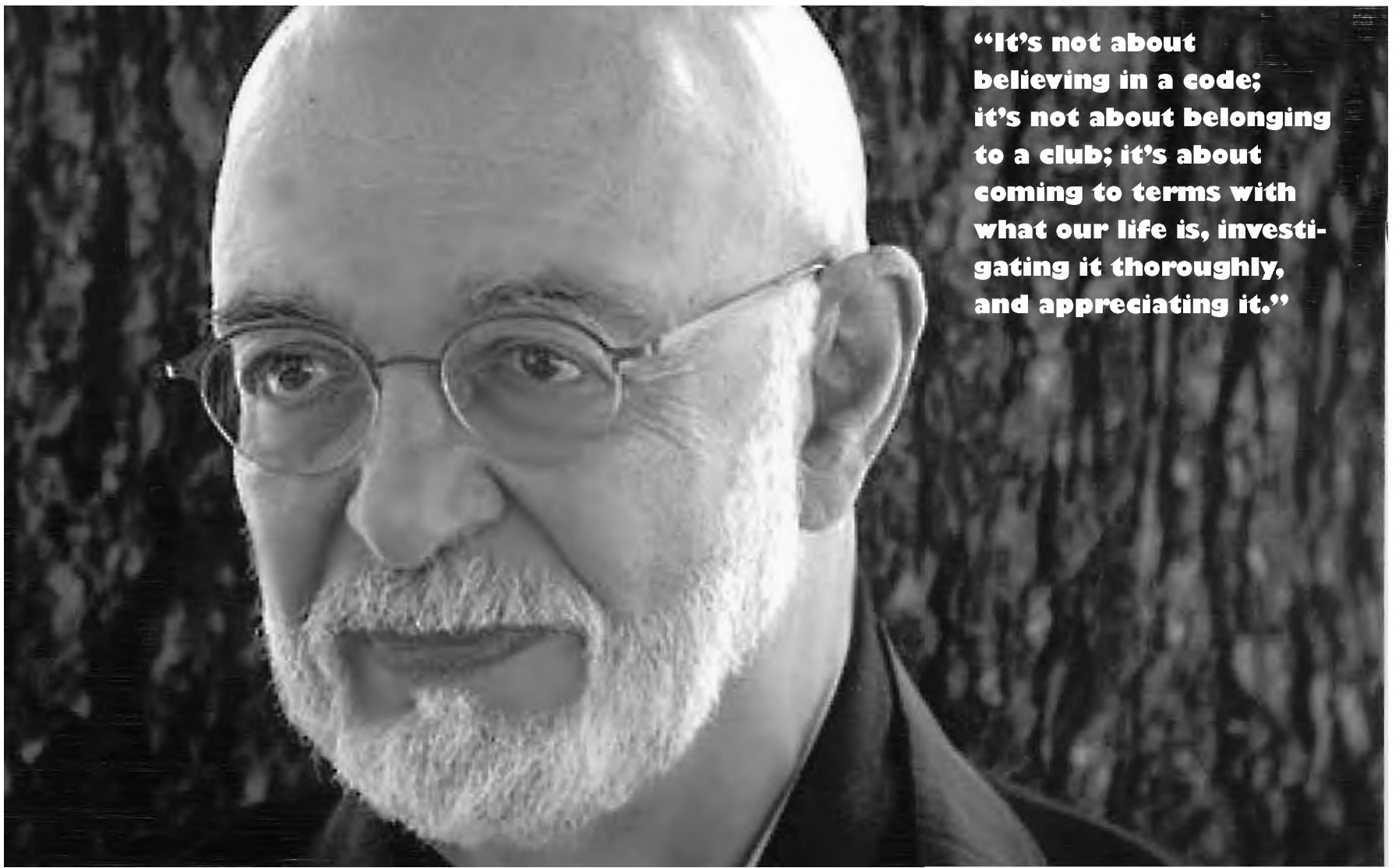
\$12.95. 125 pp. paper. ISBN
0861713168. Wisdom Publications

In warm and straightforward language, John Daishin Buksbazen reveals the true heart of Zen: the simple practice of attending to our breath and intimately awakening to our life. Please see the book review in *Zen Buddhism*.

Zen Meditation
IN PLAIN ENGLISH



John Daishin Buksbazen
FOREWORD BY PETER MATTHIESSEN



“It’s not about believing in a code; it’s not about belonging to a club; it’s about coming to terms with what our life is, investigating it thoroughly, and appreciating it.”

but I don’t think that quite carries the meaning that’s intended, because it’s not a matter of skepticism. Skepticism is fine in itself, but here we mean great questioning, great curiosity, or the will to know, to learn. And the second ingredient is translated as great faith. Faith isn’t something that people have. It’s a verb; it’s what we do. So, this faith is a fundamental belief in the relevance of that great curiosity, that great questioning, that radical wanting to know, and a sense of trust in one’s own heart and mind that this inquiry, once begun, can never really end.

In the course of practice, you may or may not have experiences of various sorts. Some of them are pleasant, some are not pleasant, and some may simply be weird. None of those are terribly important, but you may have the experience of coming to a kind of intimacy with yourself, and knowing. This is what T.S. Eliot spoke about in his *Four Quartets*: to return home, to go back to where we came from, and to know that place for the first time. I think that is kind of belief you were asking about. It has nothing to do with doctrine or dogma. We have Zen students and practitioners who are avowedly secular, atheists; we have rabbis, and Jesuit priests, as well as Buddhists. It’s not about believing in a code; it’s not about belonging to a club; it’s about coming to terms with what our life is, investigating it thoroughly, and appreciating it. And finally, the third essential ingredient, is great determination, which means not giving up. Or if you do give up for a moment, get back on the horse again as soon as you can, even with a sore butt.

QUESTION: *Zen seems to be focused on the practice of meditation. Do you study the Four Noble Truths (Buddha’s teaching on the problem of suffering and its solution)?*

BUKSBAZEN: You might say that our primary practice, traditionally, has always been sitting meditation. But when you practice Zen, you quickly find that it involves a great deal more than that. It is also a tradition that has been passed on for twenty-five hundred years from the Buddha, and takes in all of the Buddha’s teachings. In this country in the twenty-first century, Zen has entered a new phase in which there is an enhanced emphasis on social activism. This is not something that has been commonly attributed to Zen in the past, although other forms of Buddhism have practiced it for centuries. So, this is a dynamic, living stream of practice and thought, and it continues to evolve.

The Zen practice of sitting meditation is one of the eight-fold paths — right mindfulness. But we study the classic texts as well. We’re not anti-intellectual and we don’t disdain knowing the teachings of the ancestors. But we do say that the practice of sitting meditation provides the most immediate access to the teachings. And we say this: that a person who knows the teachings but doesn’t practice and a person who practices but doesn’t know the teachings — they’re both handicapped. The person who knows the teaching but doesn’t practice is like someone who may be able to see things clearly, but without the physical coordination or strength to do much about it. On the other hand, a person who practices without knowing the teachings is like a person with a very nicely developed body, who is unfortunately blind. So, obviously, the good thing is to do both.

QUESTION: *What would you say is the connection between actual zazen meditation practice and the issue of suffering and the cause of suffering?*

BUKSBAZEN: The connection is that there is no separation between the two. When we practice sitting meditation, we begin to set aside some of the normal dichotomization of our experience, which means that we begin to experience things more directly and more intimately. Bernie Glassman Roshi, the founder of the Peacemaker Community, put it rather interestingly. He said, “You know, I walk down the street and I see somebody really suffering, maybe a homeless person. And it’s like, if I cut my hand, I don’t say, ‘Gee, I cut my hand, I wonder if I could do anything about it; I wonder if I should? What are the pros and cons?’” He says, “No, you don’t think like that. If your hand’s cut, you take care of it.” When you see something going on that you can do something about, you reach out, and connect, automatically, or intuitively, because it’s your body, it’s your spirit that’s being oppressed. There is no dichotomy, and no separation.

QUESTION: *Could you say something about the three aspects that are basic to all Buddhists, how these relate to the Four Noble Truths and the Eight-Fold Noble path, and how Zen practice addresses this?*

BUKSBAZEN: Buddhism teaches three fundamental aspects of life: suffering, non-self and impermanence. These are some of the most basic teachings. Buddha said, “Look, when you get right down to it, we either have what we want and then lose it, which is a bummer, or we don’t have what we want and that’s a bummer. We get old, we get sick, we die, and those are all bummer.” Now this is where people start getting the idea that Buddhism is a pessimistic religion. Man, what a bummer. A lot of suffering, right? And what makes

that suffering happen? Well, it’s the notion that we don’t want it to be the way it is. If your attitude in any given moment is that you know how things should be, and then things don’t turn out that way, that creates suffering. If you want to hang onto something that you appreciate, or that you enjoy or value greatly, and you want it not to change, that’s a set-up for disappointment. More suffering. So, Buddha came up with a formulation called the Four Noble Truths. Suffering is the first noble truth — the fact of suffering. Everybody in this room suffers. Nobody gets out of this alive, because sooner or later, we die. There’s no way around that. So then, given the fact that being born is a set-up for suffering, and given that the basic root of all suffering is the fact that we don’t want things to be the way they are — which means they’re always changing and we can’t hang onto a damn thing and can’t avoid the unpleasantnesses of old age, sickness and death — what to do? And that’s the third noble truth — that in fact there is a response, there is a way through this. There is a way of redeeming this suffering. And again, it’s nothing supernatural or woo-woo. It’s just a program; it’s not a twelve-step program, it’s an eight-step program.

Now, if you work the program, it’ll change your mind. So, what’s the program? It consists of things like right conduct, right speech, right mindfulness, right thought, and right livelihood, and there’s a vast body of Buddhist literature defining what the “right” means. But basically, the best rule-of-thumb definition I’ve come up with is this “right” is whatever gets you to fully appreciate what your life is. It is where you get a deep hit of what it really means to be a human being, walking this Earth.

African Studies

Being Black

*Zen and the Art of Living
With Fearlessness and Grace*

By Angel Kyodo Williams

\$13.00. 200 pp. paper.

ISBN 0140196307. Penguin Compass

"For Buddhists, putting our trust in the three treasures — teachers, teachings, community — is called 'taking refuge.' I didn't like that term at first, because I considered myself a strong person and 'taking refuge' sounded too much like hiding. I didn't want to hide."

"I was also afraid. My differences, my separateness, my standing alone were the ways I defined myself. Entrusting myself to others, learning from the community I had left behind—those were challenges I hadn't planned on."

— Angel Kyodo Williams

Although life in the world is often uncomfortable, we can live in a way that opens our hearts and minds to the beauty and truth of life. In this book, Angel Kyodo Williams effortlessly and artfully draws on both timeless wisdom and today's images to show us how we can live with greater ease.

Williams explores desire and its relationship to our physical and emotional discomforts, and demonstrates how meditation and following the Eightfold Path of Buddhism can lead you to see what you value and hold dear. Greed, anger and ignorance are powerful forces at work in the world, says Williams, but change is possible if we practice the path of the awakened warrior. On that path, as you actively participate in your life, you can find the world you are seeking — within yourself.

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Wisdom, ethics, right action, stillness, grace, and lovingkindness are the practices that lead you to self-acceptance, which in turn, allows you to live your life fearlessly and responsibly. This is what Angel Kyodo Williams discovers in Buddhism, Zen and meditation practice, and in this honest, artfully written book, she shares her discoveries with you.

Angel Kyodo Williams is a Zen priest, social activist, and entrepreneur. — ICS

Angels

Messages From Your Angels

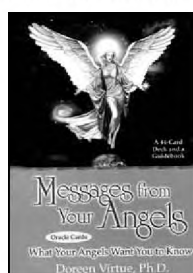
What Your Angels Want You to Know

By Doreen Virtue, Ph.D.

\$23.95. Cloth. 231 pp. ISBN 1561708607.

Hay House, Inc.

"The process I went through in order to write this book was to sit at my computer, take a few deep breaths, close my eyes, and pray for Heaven to write through me . . ."



"After praying, I'd focus on a topic or question and ask the angels to write that section through me. That's when I'd hear a gentle but firm voice in my right ear that had a distinctly male quality to its tone and energy. This communication emanated from Archangel Michael, as well as a group of angels who simply call themselves 'The Angelic Realm.' They're 'spokes-angels,' if you will."

"As a former psychotherapist, I was taught throughout my university training to be a professional skeptic. It's a basic foundation of psychology to read pathology into anything that defies the material senses. So, when I first began to engage in this form of automatic writing, it was natural for me to doubt its validity."

"I became convinced of its authenticity for two reasons. First, there was the voice's distinctly male quality. If I'd been making up

these words, surely it would come through a female voice, and probably a voice that sounded like my own . . ."

"Second, each time that I automatically wrote, I would learn new material that I'd never before read, heard, or thought about! This is what convinced me most that these writings were authentic . . ."

"So judge for yourself, please, as you read the angel's channelings. Your mind, heart, and feelings will tell you whether they're authentic or not."

— Doreen Virtue

Although *Messages From Your Angels* is a sequel to Doreen Virtue's bestselling *Angel Therapy*, it is not necessary to read the earlier book first. As Virtue puts it, "*Messages From Your Angels* stands alone."

In the first part of this new book, the topics were chosen by the angels themselves. As she served as the "scribe of the angel's communications," Virtue learned that their logic is "amazingly clear and refreshingly different from the mortal mind." They explored many topics, of which child conception, exercise, freedom, job burnout, lightwork, pollution, sleep, stress, twin flames, and yoga are only a few.

Part II is a compilation of direct messages from the Archangels Michael, Raphael, Uriel and Gabriel, while Part III contains messages from the nature angels, including fairies, divas and elementals.

In Part IV, Virtue asked the angels a number of questions that she frequently hears from audience members at her workshops and lectures. These include: How can I better hear my angels? How can I discover what my life purpose is? Can dolphins really help people? What can I do to either change jobs, or add more meaning and pleasure to my existing job? How do I know if my current partner is my soulmate or not? Why do I have a constant sense of urgency about time? What happens when someone commits suicide? And is life really based on free will, or is everything predestined?

In Part V, Virtue explains who the angels are, unraveling the differences between guardian angels, archangels, the diverse nature angels, and spirit guides. She also talks about animal angels, a subject that comes up during every workshop.

By tuning in to the messages from your angels, Virtue says, you can help to create a peaceful world . . . one person at a time.

— CHP

Messages From Your Angels Oracle Cards

What Your Angels Want You to Know

By Doreen Virtue, Ph.D.

Please see review in *Tarot & Oracles*

Animals

Is Your Pet Psychic?

*Developing Psychic Communication
With Your Pet*

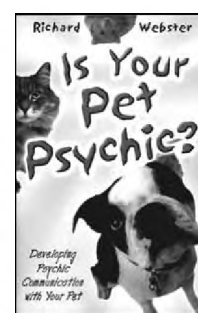
By Richard Webster

\$12.95. 216 pp. paper. ISBN 0738701939.

Llewellyn

Have you ever spent time with your pets and felt that they knew exactly what you were thinking? Chances are, they did. All animals have natural psychic abilities — and you do too. No matter what kind of pet you have *Is Your Pet Psychic?* illustrates how you can communicate psychically with them.

Richard Webster has put together a fasci-



nating book that is both a collection of amazing animal stories and a psychic manual. Drawing on his broadly based expertise, he teaches you to send and receive messages. He also provides relaxation techniques that enable you to be

more receptive both with your pet and throughout your life, along with fun exercises that you and your pet can do together.

Humans share a special bond with their pets, a bond of love that is the natural basis for psychic communication. Learning to use telepathy only strengthens that bond, and once the bond has been established, you can use it to train your animal, to find a lost pet, to lucid dream with your best companion, or even to contact a pet who is no longer alive. But most importantly, you learn how to listen.

Everyone has heard a story at one time or another about an amazing animal: a pet that saved a family member from imminent danger, a cat that knew when an earthquake was coming, or a dog that found its way home across hundreds even thousands of miles. There is so much that your pet wants to communicate to you. Don't you think it's time you learned to understand what he is saying? — MM

"You must be prepared to quiet your mind and listen. You need to be patient, respectful and open. There is no right or wrong way of doing it. Simply relax and allow it to happen."

"The exercises in this book will help you and your pet develop the natural, possibly latent, psychic potential that is inherent in all living things. As you experiment with them, you will gain increased respect for the wonders of nature, and will become even closer to your treasured pet. It is a highly rewarding journey."

— Richard Webster

Arthurian

Realm of the Ring Lords

The Myth and Magic of the Grail Quest

By Laurence Gardner

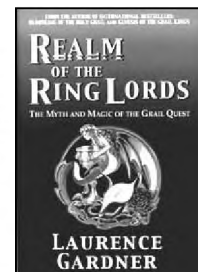
\$27.95. 406 pp. cloth. ISBN 1931412944.

Fair Winds Press

"The Grail and Ring are each the subjects of their own mythologies and, from the earliest Arthurian romance to the recent tales of J.R.R. Tolkien, these are enveloped within the lore of Elphame—the magical world of elves and fairies. However, the myths are based upon no mere fantasy, for beyond the portal of this twilight world there exists an engaging history of real characters and events which have been strategically ignored by orthodox educational establishments. It is for this reason that the Grail and Ring are still perceived as the objects of ultimate quest, despite all attempts by Church and academic society to veil and suppress the truth of our heritage."

— Laurence Gardner

The quest for the Holy Grail and the quest for the magical One Ring share the same ancestry. In fact, according to Laurence Gardner, they are one and the same, since the promise implicit in finding both the



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This is our twenty-eighth issue of the magazine. Since its inception, we have worked diligently to bring to our readers instructive and substantial information that is not available in most book review magazines or newspapers. If you like our book review magazine, help support it by becoming a Bodhi Tree "Patron."

Grail and the Ring is enlightenment and freedom for all of humankind.

Realm of the Ring Lords is a fascinating account of the beginnings of Western culture that details the Messianic bloodline of Jesus, the importance of Mary Magdalene and the feminine, the Pagan heritage of the West, the rise of Christianity, the slaughter of the Cathars, and the destruction of the Grail Code. In addition, Gardner discusses the factual roots of the stories of Robin Hood, the Faerie Queen, and Lorna Doone, and explains why even werewolves, vampires and Count Dracula play a real part in human history.

Gardner believes that the Church usurped the histories of the Grail and the Ring, changed fact to fantasy, and then used the mythology that grew out of its machinations to secure its position of dominance.

The book includes many pictures and illustrations to support the complexities of its historical interpretations along with genealogical charts of the characters whether historical or mythological.

Laurence Gardner is well known internationally as a sovereign genealogist and historical lecturer. Like his previous books, *Bloodline of the Holy Grail* and *Genesis of the Grail Kings*, this work sheds new light on our knowledge of human history. — ICS

of mandala coloring in the classroom, which she advocates for calming and quieting the students, and for stimulating creativity and concentration. Also included are specific instructions and educational ideas. — LA

"Traditional Buddhist mandalas contained symbols that were connected with specific deities. These symbols were arranged in a geometric form and could be made on a number of different levels, from highly abstract to very detailed. The colors used in these mandalas also followed special rules. The most common rules were that yellow symbolized earth (soil), red stood for fire, white for water, green for air, and blue for ether - heaven's scent."

"If we think about the phrase 'coming full circle' for a moment, we realize that a circle also directs attention to its center. In meditation, the center or focus is the inner self, the center; so in a mandala the center is usually an important figure in Buddhist religion, a teacher or a god." — Monika Helwig

Transfigurations

By Alex Grey, with Stephen Larsen,

Donald Kuspit, and Ken Wilber

Foreword by Albert Hofmann

\$49.95. 168 pp. oversize cloth.

ISBN 0892818514. Inner Traditions

Alex Grey's art leads us on a journey



corridors of Grey's creative odyssey. From his earliest self-portraits and paintings of skeletons, to his most recent universal beings gridded with fire and eyes, Grey brings us an ever-deepening visual contemplation on the nature of personal and transpersonal identity.

Transfigurations is a continuation of the dialogue between body and soul begun in Grey's first book *Sacred Mirrors*. *Transfigurations* includes all of Grey's major works completed in the past decade, presented here in 202 color reproductions and 93 black-and-white images. Among these are *Nature of Mind*, a seven-paneled Buddhist altarpiece introducing us to our own true nature; *World Soul*, a bronze sculpture of a divine being that symbolically encompasses all realms of consciousness; and *Cosmic Christ*, a vision of Christ

through the opacity and darkness of the material world to our divinely illumined core. Images of becoming, of existential pain, search and confusion, love, death, and transcendence are icons in the long

that embraces all religions and the countless dimensions of the universe.

An essay by renowned author and transpersonal psychologist Stephen Larsen provides a biographical sketch of the artist's creative process, as he struggles with his demons and glimpses the light of the beyond within. Next, Grey's early forays into dark, transgressive performance art and his later theophanic installations are documented in a special twenty-page performance section. Art critic Donald Kuspit then elucidates Grey's primary subject, mystical light, as it manifests through his unique approach to the human figure, while a conversation between noted philosopher Ken Wilber and the artist explores the exciting possibilities of art serving as a vehicle for transformation. Albert Hofmann, the chemist who discovered LSD, writes the foreword that places Grey's work at the meeting point of science and mysticism.

Grey's paintings offer the viewer unforgettable glimpses of transfiguration, as bodies become translucent to the light of Spirit, transparent to the ground of being. The movement of beholding and becoming "the light" is a phenomenon that is described in all religions and wisdom paths. Grey's "X-ray" visions show the complex interplay of the anatomical body



Forty-Two Indian Mandalas Coloring Book

By Monika Helwig

\$9.95. 43 pp. paper. ISBN 0897933389.

Hunter House

Mandala means circle in Sanskrit, and mandala art refers to symbols that are illustrated within the confines of a circular shape. Many religious traditions create circular symbolic art as a meditation and many psychologists use the mandala as a relaxing and centering technique. Meditating on the center of the circle draws us

inward, prompting us to focus on our center. In this coloring book for children and adults, Monika Helwig offers 42 traditional Indian mandala designs. The religious or sacred mandalas in India seem to have their roots in Buddhism. Some of the repetitive patterns used in these beautiful designs are flowers, jewels and peacocks. The author explains the use and purpose

Bodhi Tree Best Sellers in Books

THE FOLLOWING IS A LIST OF THE BEST-SELLING BOOKS AT THE BODHI TREE FOR JUNE - SEPTEMBER 2002.

- 1 The Power of Now: A Guide to Spiritual Enlightenment**
by Eckhart Tolle
\$22.95. cloth. ISBN 1577311523. New World Library
- 2 The Four Agreements**
by Don Miguel Ruiz
\$12.95. paper. ISBN 1878424319. Amber-Allen
- 3 Practicing the Power of Now: Essential Teachings, Meditations, and Exercises for Living the Liberated Life**
by Eckhart Tolle
\$16.00. cloth. ISBN 1577311957. Amber-Allen
- 4 The Mastery of Love**
by Don Miguel Ruiz
\$14.00. paper. ISBN 1878424424. Amber-Allen
- 5 Faith: Trusting Your Own Deepest Experience**
by Sharon Salzberg
\$22.95. cloth. ISBN 1573222283. Riverhead
- 6 You Are the Answer: An Extraordinary Guide to Enter the Sacred Dance with Life and Fulfilling Your Soul Purpose**
by Michael J. Tamura
\$11.95. paper. ISBN 0312275668. Saint Martins
- 7 Intimacy: Oneself & the Other, Insights for a New Way of Living** by Osho
\$15.95. paper. ISBN 1931977038. Star of Peace Publishing
- 8 The 100 Simple Secrets of Happy People**
by David Niven
\$11.95. paper. ISBN 0062516507. HarperSF
- 9 Soul Mates and Twin Flames**
by Elizabeth Clare Prophet
\$5.95. paper. ISBN 0922729484. Summit University Press
- 10 Your Seven Energy Centers**
by Elizabeth Clare Prophet
\$6.95. paper. ISBN 0922729565. Summit University Press
- 11 Sacred Contracts: Awakening Your Divine Potential**
by Caroline Myss
\$25.00. cloth. ISBN 0517703920. Harmony Books
- 12 The Biggest Secret: The Book That Will Change the World**
by David Icke
\$29.95. paper. ISBN 0952614766. Bridge of Love Publications
- 13 The Master Cleanser**
by Stanley Burroughs
\$6.00. paper. ISBN 0963926209. Stanley Burroughs
- 14 The Artist's Way**
by Julia Cameron
\$15.95. paper. ISBN 1585421464. Jeremy Tarcher
- 15 The Abundance Book**
by John Randolph Price
\$7.00. paper. ISBN 1561703478. Hay House
- 16 When Things Fall Apart**
by Pema Chodron
\$12.95. paper. ISBN 1570623449. Shambhala
- 17 Excuse Me, Your Life Is Waiting**
by Lynn Grabhorn
\$18.95. cloth. ISBN 1571741941. Hampton Road Publications
- 18 Why Your Life Sucks**
by Alan H. Cohen
\$14.00. paper. ISBN 1588720284. Jodere Group
- 19 Not Always So: Practicing the True Spirit of Zen**
by Shunryu Suzuki
\$22.95. cloth. ISBN 0060197854. HarperCollins
- 20 Loving What Is: Four Questions That Can Change Your Life** by Byron Katie
\$24.00. cloth. ISBN 0609608746. Crown

and the glowing subtle energies of the soul, unveiling the relationship between our finite self and infinite spirit. Grey's quest is toward an integrative art that visually unites body, mind, soul, and spirit and heals the alienation and fragmentation of the individual and the world.

Astrology

Mercury Retrograde

Your Survival Guide

to Astrology's Most Precarious Time of Year

By Chrissie Blaze

\$13.95. 253 pp. paper.

ISBN 0446677655. Warner

It happens several times a year. You have certainly felt the effects of it, even if you were unaware of what "it" was. Computers freeze up. Flights are postponed. A contract gets lost. An agreement

gets broken. Concise communication seems impossible. It's not you — it's Mercury Retrograde, the time when the planet closest to the sun appears to stop in its tracks, then move backward for a few weeks. You

seem to be constantly re-booting, rescheduling, retreating, reneging in almost every area of your life.

Here at last is a book that is solely dedicated to this frustrating phenomenon — a thorough, comprehensive guide to staying sane during these cosmic periods. Chrissie Blaze explains how to survive the inevitable communication breakdowns, and provides case studies, calendars and charts, surveys, and expert information accessible to the astrologically curious and professional alike. The book also details how the retrograde will affect individuals born under each zodiac sign, and how retrogrades in particular signs will effect everybody. And on a brighter note, Blaze explains how to use this astrological phase to your benefit: Take advantage of this time to review your life, revisit your past, and rethink your path, since the key to retrograde is to surrender to it. Acknowledge these annual weeks as a time of reflection; use them as an invitation to create a more fulfilling life. Only by letting go and taking stock of what you have and who you are, can you then move forward to where you want to be. — MM

"Seen from the right perspective, Mercury Retrograde is a kind of gift — an opportunity to discover better, more productive ways of communicating with others, and indeed with yourself. If you consider that Mercury Retrograde can be a friend as well as a foe, you can benefit enormously." — Chrissie Blaze



The Art of Forgiveness, Lovingkindness, and Peace

By Jack Kornfield

\$18.95. 215 pp. cloth. ISBN 0553802054.

Bantam Books

"This simple book was written in the summer of 2001, shortly before the tragic events of terrorism and war swept another wave of violence over the world."

"May the eternal truths and practices offered here be dedicated to the benefit of all

who have suffered. May all beings find a path to peace."

— Jack Kornfield

It is difficult to capture in words the simple beauty contained in this book by the Buddhist meditation teacher, Jack Kornfield. Throughout the graceful narrative, Kornfield weaves inspiring and touching quotes from poets and sages, from Martin Luther King to Maurice Sendak. It is obvious that this work comes from a heart overflowing with tender compassion.

The book consists of three sections, which are dedicated to the practice and development of forgiveness, lovingkindness and peace, respectively. Each section closes with several traditional Buddhist meditations.

Reading the book leaves you feeling tranquil, yet energized with the confidence that these practices can really make a difference. Yes, we can, one step at a time, change the course of the world.

— LA

Love is based on our capacity to trust in a reality beyond fear; to trust a timeless truth bigger than all our difficulties. Love is without demands.

Sometimes love means standing firm.

Sometimes love means letting go.

Sometimes love means letting be.

Love blossoms whenever we step beyond our fears and rest in the generosity of the heart.

— Jack Kornfield

Best Sellers in Audio: Music & Audio Books & Teaching

THESE LISTINGS REFLECT SALES FOR JUNE - SEPTEMBER 2002

Music

- 1** **Embrace by Devi Premal.** \$16.98 CD
- 2** **A Gift of Love: Music Inspired by Love Poems of Rumi by Deepak Chopra & Friends.** \$19.98 CD & \$12.98 cassette
- 3** **Breath of the Heart by Krishna Das.** \$16.98 CD & \$12.98 cassette
- 4** **Portals of Grace by Azam Ali.** \$15.98 CD
- 5** **Essence: Gayatri Mantra & Others by Deva Premal.** \$15.98 CD
- 6** **Liquid Mind V: Serenity by Liquid Mind.** \$16.98 CD
- 7** **Ultimate Om by Jonathan Goldman.** \$15.98 CD
- 8** **Buddha Lounge by Various Artists.** \$16.98 CD
- 9** **Buddha Bar IV by Various Artists.** \$29.98 CD
- 10** **Perfect Jewel by Gyuto Monks.** \$16.98 CD
- 11** **Healing Waters - Sound Healing by Dean Evenson.** \$15.98 CD
- 12** **Pilgrim Heart by Krishna Das.** \$17.98 CD
- 13** **Theta Meditation System by Jeffrey Thompson.** \$19.98 CD
- 14** **Shamanic Dream II by Anugana.** \$16.98 CD
- 15** **Krishna Lila by Cheb I Sabbah.** \$16.98 CD

Audio Books and Teaching

- 1** **The Power of Now by Eckhart Tolle.** \$29.95 5 cassettes Unabridged
- 2** **Letting Go of Stress by Emmett Miller.** \$10.00 cassette
- 3** **Deep Meditation by Kelly Howell.** \$14.98 CD
- 4** **Become a Millionaire in Three Years by Dick Sutphen.** \$20.00 CD
- 5** **Meditations for Manifesting: Morning & Evening Meditations by Wayne W. Dyer.** \$15.00 CD, \$10.95 cassette
- 6** **Loving What is by Byron Katie.** \$30.00 cassette set
- 7** **Soul of Healing Meditations by Deepak Chopra.** \$18.98 CD
- 8** **Seven Spiritual Laws of Success by Deepak Chopra.** \$11.95 cassette
- 9** **Sea of Tranquility by Richard M. Sword.** \$19.95 CD
- 10** **Sacred Contracts by Caroline Myss.** \$34.95 CD
- 11** **Weight Loss Zapper by Dick Sutphen.** \$20.00 CD
- 12** **Art of Mindful Living by Thich Nhat Hanh.** \$18.95 cassette
- 13** **Lady of Prosperity: Mystical Journey with Music by Joni Abbatecola.** \$16.00 CD
- 14** **Yoga Sanctuary: Guided Hatha Practice by Shiva Rea.** \$24.95 CD
- 15** **Healing Mantras by Thomas Ashley-Farrand.** \$16.98 CD

Buddha of Infinite Light

The Teachings of Shin Buddhism, The Japanese Way of Wisdom and Compassion By D.T. Suzuki

\$12.95. 95 pp. paper.

ISBN 1570624569. Shambhala

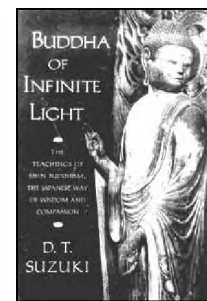
"The Pure Land is not many millions of millions of miles away to the West. According to my understanding, Pure Land is right here, and those who have eyes see it around them."

— D.T. Suzuki

D.T. Suzuki is well known for his writings on Zen Buddhism, which played a pivotal role in the introduction of Zen to the West. Here, however, he turns his attention to Shin, the Pure Land Buddhism of Japan, which in his view is Japan's unique contribution to the religions of our world. And as readers of Suzuki's books on Zen might expect, the result is a penetrating study of religious life and consciousness.

Amida Buddha is the enlightened being who, out of love and compassion, made the vow that all those who prayed to him would be reborn in his heavenly pure land. Shin Buddhists recite the words "Namu Amida Butsu" with faith and devotion, and Shin is known as the path of "other power," in contrast to Zen, which is called the path of "self power." Thus Shin Buddhism has had wide popular appeal, unlike other forms of Japanese Buddhism which were more intellectual or aristocratic.

For Suzuki, the idea of "other power" does not mean religious passivity. It may seem paradoxical, he says, but we must



exhaust our own efforts before we reach the true state of "Thy will be done," which brings the blessings of purposelessness and spontaneity. In addition, Suzuki explores such questions as the limitations of ordinary time and language, duality and the path that transcends it, and religious vs. scientific knowledge.

In his other books, Suzuki has studied such diverse figures as Swedenborg and Meister Eckhart. It is clear that for Suzuki, religious insight was not restricted to any culture or sect, but rather was inherent to the human mind. For those who arrive at religious experience, he wrote, "The world becomes permeated with gratitude and joy." Further, he continues, "That does not imply that everything bad in life becomes extinct. It is there. It is present and yet it is nonexistent. It is there as if it were nothing. All religious teachings converge on this single point." —JC

The Connected Discourses of the Buddha

A Translation of the Samyutta Nikaya
By Bhikkhu Bodhi
\$95.00. 2072 pp. cloth.
ISBN 0861713311. Wisdom

This is a complete translation of the *Samyutta Nikaya*, the third of the four great collections in the Sutta Pitaka of the Pali Canon. This particular text consists of fifty-six chapters, each governed by a unifying theme that binds together the Buddha's suttas (also known to western readers by the Sanskrit term, sutras) or discourses. The chapters are organized into two major parts. The first, *The Book with Verses*, is a compilation of suttas composed largely in verse, and is one of the most inspiring compilations in the Buddhist canon, showing the Buddha in his full grandeur as the peerless "teacher of gods and humans." The second major part contains four books that deal in depth with the philosophical principles and meditative structures of early Buddhism. They combine into orderly chapters all the important short discourses of the Buddha on such major topics as dependent origination, the five aggregates, the six sense bases, the seven factors of enlightenment, the Noble Eightfold Path, and the Four Noble Truths. These short but pithy suttas of the Buddha disclose his radical insights into the nature of reality and his unique path to spiritual emancipation. Apparently, this collection was directed mainly at those disciples who were capable of grasping the deepest dimensions of wisdom and of clarifying them for others who were intent on the direct realization of ultimate truth.

The Buddhist scriptures of the Pali Canon contain the earliest record of the words of the Buddha. While they are written in a stylized form that contains much repetition, they offer a unique sense of closeness to the Buddha and his disciples. In one sutta, for instance, the Buddha responds to monks who are straying from the path of practice, while in another, he insists that a monk who had neglected some duties was in fact an exemplary meditator. In addition, there are texts where the Buddha and his disciples reveal their extraordinary powers, such as the

ability to perceive the past lives of their fellow beings.

This is the third major collection of early Buddhist suttas offered by Wisdom Publications in elegant hardcover editions. Wisdom Publications is a non-profit organization that is working to make texts from all major Buddhist traditions available to the public. The volumes of this particular series belong in the library of every serious student of Buddhism.

Faith

Trusting Your Own Deepest Experience

By Sharon Salzberg

\$22.95. 192 pp. cloth.

ISBN 1573222283. Riverhead Books

"I stepped onto the spiritual path moved by an inner sense that I might find greatness of heart, that I might find profound belonging, that I might find a hidden source of love and compassion. Like a homing instinct for freedom, my intuitive sense that this was possible was the faint, flickering, yet undeniable expression of faith." —Sharon Salzberg

Life has given Sharon Salzberg plenty of opportunities to give in to despair. At the age of nine, she saw her mother begin to bleed profusely, while apparently recovering from surgery; she died two weeks later. Then her father, who had long been absent from her life, reappeared briefly only to attempt suicide and lose his sanity. "The story I told myself for years," Salzberg writes, "was that I didn't deserve to be happy." She proceeded to spend her childhood and teenage years "curled up in bed, lost in a separate shadowed existence build up of sadness."

But then a new possibility entered her mind when she encountered the Buddha's teachings about suffering and the way to end it. "I was captivated by the possibility of turning my life around," she writes, "of lifting it out of the resignation and sorrow that had been the background notes of my personal story." She had discovered the beginnings of faith.

Salzberg's spiritual journey would have both magical moments — the simple monk who befriends her in India turns out to be a revered teacher of the Dalai Lama — and weeks of total despair. But through her practice of meditation, she came to realize that the deepest level of the human mind, "the vast spaciousness of our Buddha nature" remains unchanged: "pure, open, unimpeded." And rather than leading to passivity, she continues, this insight "gives us the ability to see things with a different perspective — knowing there is always an intact place within us."

Salzberg is both a warm spiritual teacher and an honest and engaging writer. We invite you to read the talk she gave at the Bodhi Tree, which is featured in this issue of our Book Review (page 4), as well as this wise and inspiring book. —JC

"The Buddha nature within us is what makes abiding faith in ourselves authentic, not a pipe dream or aimless fantasy. It is because we all have Buddha nature that the Buddha's story of life can become our own ... Holding this vision, we can emerge from whatever suffering we encounter, not broken and embittered, but with an ever-replenishing well-spring of unwavering faith."

—Sharon Salzberg

One Dharma

The Emerging Western Buddhism

By Joseph Goldstein

\$24.95. 214 pp. cloth.

ISBN 0062517007. Harper San Francisco

"Joseph Goldstein has been a Dharma student and teacher for much of his adult life and is a founding member of the Insight Meditation Society. He is an example of a new kind of Buddhist that we find in the West these days. Rather than holding tightly to a single tradition, he has studied with an array of teachers, integrating aspects of several Buddhist lineages into his practice. There are historical precedents for such an approach. Buddhism has often been reinvigorated when a new synthesis has been created from existing traditions."



Buddhist training, wherever it has evolved, consists of certain fundamental elements such as the practices of mindfulness, loving-kindness, compassion, non-attachment and wisdom. These common themes are what Joseph Goldstein has focused on here in his aptly entitled book, One Dharma."

—The Dalai Lama

"But as old traditions meet in new ways, pressing questions arise. Is the melting-pot approach simply creating a big mess in which essential teachings of a tradition are lost? Or is something new emerging that will revitalize dharma practice for us all?"

—Joseph Goldstein

Joseph Goldstein had been practicing and teaching Theravada Buddhism (which he studied in Burma) for 25 years when he encountered a dilemma. He was attending teachings given by a prominent Tibetan Buddhist Lama, and found them wonderful, except for one small problem: they contradicted much of what he had studied, practiced and taught for the preceding two decades. But after grappling with the contradiction, which, he writes, "seemed to hold the direction of my entire spiritual life in the balance," he arrived at a transforming moment that brought an unexpected resolution: he realized that he didn't know the answer. And instead of feeling confused, he writes, "I felt released from the self-built prison of spiritual concepts and models I had accumulated over many years. An amazingly fresh breeze of interest and openness blew away some long-held opinions about the ultimate nature of reality. ... Instead of holding to conclusions, it became more interesting and spiritually vital to hold the questions."

Goldstein believes that we have a special opportunity in the West, where the teachers, teachings, and practices of several major Buddhist traditions are now available. This diversity might, however, prove bewildering to newcomers trying to choose a tradition, or perplexing to experienced students like Goldstein who discover apparent contradictions between the various lineages. So, Goldstein wrote this welcome book to trace the common thread that unites the Theravada, Zen, and Tibetan Buddhist traditions, and to show how students of each tradition might enrich their understanding by studying teachings from the others.

This is a practice-oriented book which explains how and why one enters the Buddhist path; principles and methods,

such as meditation, ethical conduct, and compassion; and the path's ultimate goal of spiritual realization or enlightenment. It also expresses Goldstein's belief that a new, Western Buddhism is beginning to emerge, although he quotes one venerable teacher's suggestion that we wait 200 years before jumping to any conclusions.

—JC

"The foundation of a nonsectarian Western Buddhism is the understanding that whatever the various descriptions of awakening or the path may be, the words themselves are not the experience. It is only in our direct realization that transformation occurs. Freedom is the vital issue, not our ideas about it."

—Joseph Goldstein

Zig Zag Zen

Buddhism and Psychedelics

Edited by Allan Hunt Badiner

& Alex Grey; preface by Huston Smith;

foreword by Stephen Batchelor

\$24.95. 238 pp. cloth.

ISBN 0811832864. Chronicle Books

In the mid twentieth century, East met West in more ways than one. While one set of spiritual seekers started on their paths by making pilgrimages to ashrams and temples, another group explored their inner states by ingesting psychedelic drugs. For many people, those early trips helped chart a course for serious spiritual



practice, especially by way of Buddhism.

Through numerous insightful essays and interviews by such luminaries as Joan Halifax Roshi, Peter Matthiessen, and Jack Kornfield, *Zig Zag Zen* explores the juncture of these seemingly incompatible methods. Ultimately, Buddhism and psychedelics share a similar pursuit: finding that which frees the mind. While psychedelic practice is all about altered states, Buddhism concerns itself with altered traits, and as many of the voices in *Zig Zag Zen* point out, one does not necessarily lead to the other.

With a foreword by Buddhist scholar Stephen Batchelor and a preface by the renowned historian of religion, Huston Smith, this fascinating book surveys the moral, ethical, doctrinal, and transcendental considerations of this intersection. Included are memoirs, essays, interviews, and scholarly pieces from the most active thinkers in Buddhism and psychedelic studies today.

Accompanying each essay is a work of art selected by artist and teacher Alex Grey including paintings by such artists as Bob Venosa, Odilon Redon, and Mark Rothko, contemporary thangkas by Robert Beer, and exercises in emptiness in the form of an enso by a 17th century Zen abbot.

This provocative and thoughtful anthology considers the varieties of enlightenment that seekers contend with now — both contemplative and chemical.

—DL

"Once in 1971, I was with Lama Thubten Yeshe, the first lama in India to teach westerners, at his hilltop monastery outside Kathmandu. I decided to leave the monastery to go trekking in the Himalayas. Those were my halcyon days. I was twenty-one years old, footloose, and feckless, with nary a care in the world — or even a ticket home. After several days of walking I sat down to meditate, with my T-shirt wrapped around my head for

shade from the intense Himalayan sun. I took my last tab of mescaline."

"I experienced my consciousness begin to radiate outward, dissolving, and then manifesting as infinite realms of light like the Buddha-fields. All kinds of blessings, divininations, prognostications, Buddhas, dakinis, guardian angels, and Himalayan spirits came to life in my mind as I sat for hours under the shade of a tree. Upon my return to the monastery I was excited to tell Lama Yeshe what I had seen. He just said, "American boy's dream! You too much. Have some tea." He laughed, and we had tea."

— Lama Surya Das



Essence of the Heart Sutra

The Dalai Lama's Heart of Wisdom Teachings
By Tenzin Gyatso,
the Fourteenth Dalai Lama
\$22.95. 179 pp. cloth.
ISBN 0861713184. Wisdom

"In spiritual matters, we should not allow ourselves to be too easily content, because truly there is no limit to our spiritual potential. All

of us — any of us — can develop infinitely; and any of us can attain buddhahood. The mind we possess right now, though it may presently be full of ignorance and suffering, can eventually become the mind of an enlightened being, of a Buddha."

— The Dalai Lama

In just a few paragraphs, the *Heart Sutra* expresses the Buddhist understanding of ultimate reality. For this reason, it is recited every day in many Buddhist monasteries, temples, and practice centers. However, the *Heart Sutra* is not just an abstract, philosophical text, since it shows us how to overcome the pain, fear, suffering and conflict we encounter in our lives.

The talks in this book were recently given by the Dalai Lama in Mountain View, California. The Dalai Lama begins by discussing our shared human qualities and the common benefits of the world's major religions. He adds that he has no wish to proselytize, and suggests how Christians, for instance, might benefit from Buddhist teachings on meditation while remaining true to their own faith.

Then he presents the core Buddhist teachings on why we experience happiness or suffering in our lives, and having laid this groundwork, explains why the wisdom contained in the *Heart Sutra* is essential if we hope to attain lasting happiness and peace. This wisdom grows out of a penetrating analysis of how we experience both our own body and mind, and the world around us. The central idea is that nothing exists on its own, but rather, through a process of constant change, everything manifests as a result of numerous causes and conditions. This is the Buddhist teaching of "emptiness," which should not, however, be misunderstood as a philosophy of nihilism; in fact, this



"emptiness" is what makes growth and ultimate liberation possible.

To clarify these points, the Dalai Lama explores the subtle distinctions between various Buddhist schools of thought. In addition, he stresses the importance of compassion, which, like wisdom, is essential on the path towards enlightenment. Finally, he presents a more subtle or hidden meaning of the *Heart Sutra*, which reveals the stages of practice as one progresses from conceptual understanding to deeper levels of insight.

Buddhist wisdom teachings are not easy to understand, and initially, might seem quite startling. But those who persevere may discover that these teachings reveal the roots of our fundamental human dilemmas, as well as a way to resolve them. We may hope for external solutions to our problems, the Dalai Lama says, but the real answers must be found within ourselves. — JC

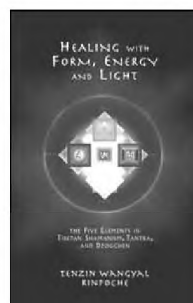
Healing with Form, Energy, and Light

The Five Elements in Tibetan Shamanism, Tantra, and Dzogchen

By Tenzin Wangyal Rinpoche
\$16.95. 159 pp. paper.
ISBN 1559391766. Snow Lion

"The practices of the spiritual path, if done with correct understanding and application, bring results. Results develop faith. When faith is strong and based on certainty, it furthers practice. Faith and practice together lead to wisdom and happiness."

— Tenzin Wangyal Rinpoche



Bon is the indigenous religion of Tibet and the basis of many of its spiritual traditions. In *Healing with Form, Energy, and Light*, Tenzin Wangyal Rinpoche, one of the few Bon masters living and teaching in the West, presents ancient elemental

practices that are designed to enhance our relationship with the natural world.

In the shamanic worldview of Tibetan Bon, we can experience the five elements of earth, water, fire, air, and space through both the raw powers of nature and the non-physical beings associated with the natural world. In the Tibetan tantric view, the elements are linked with five kinds of energy in the body and are balanced through yogic movements, breathing exercises, and visualizations. In the highest teaching, Dzogchen, the elements are understood to be the radiance of being and are revealed through pure awareness. *Healing With Form, Energy, and Light* offers healing meditations and yogic practices on each of these levels.

Tenzin Rinpoche wrote this book to strengthen our connection to the sacred aspect of the natural world, and to explain why certain practices are necessary and when they are effective. This is a manual for replacing an anxious, narrow, uncomfortable identity with one that is expansive, peaceful, and capable.

The teachings here are meant to be applied in practice and not just understood intellectually. By making them a conscious part of our daily lives, we can enhance our spiritual growth and bring the traditional Tibetan understanding of the elements into our world. — DL

"How can we develop the sense of the sacred? By remembering that the source of all is sacred, that space and light are sacred. Every appearance is beautiful if we go beyond prejudice and recognize the vibrant, radiant nature of phenomena."

— Tenzin Wangyal Rinpoche

Live in a Better Way

Reflections on Truth, Love, and Happiness
By His Holiness the Dalai Lama
\$13.00. 202 pp. paper.
ISBN 014219607X. Penguin Compass

Often we find ourselves feeling dissatisfied with the quality of our lives, either vaguely or acutely. Almost without realiz-

Bodhi Tree Online: Books, Music, Incense, Gifts, Articles, and More

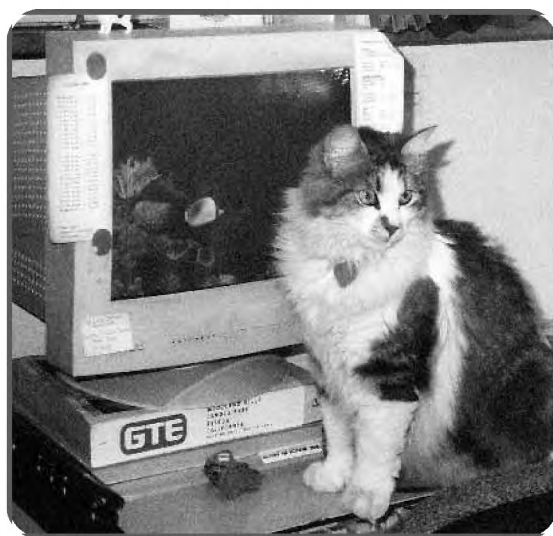
The Bodhi Tree Bookstore and its internet e-commerce site reflect the spiritual and social sense we gleaned from years of reading, listening, reflection and practice. We invite your participation. Comments or suggestions are always welcome.

The "Elvis Presley Reading List" is now available (under "book lists" on the home page). It is not commonly known that Elvis read widely in spiritual literature. Here is a list of some of his favorite books.

We now have "Current News" online (access is through "news" on the home page). Besides information about the Bodhi Tree Bookstore in general, we also list new arrivals in books, audio/video and gifts.

In addition to the "Online Bookstore," we list our extensive event schedule with many workshops and author presentations. It is the best place for up-to-date information. We provide maps and parking information so that you can find your "place" when you come to visit us.

Want help in selecting a good book or CD? With the vast array of material available you may sometimes feel lost as to where to start. We can help you make a beginning. In "Advanced Search," press the "Best Seller" button for a list of the top twenty best-sellers for any subject area. Also, we offer a reading guide culled from our years of experience called "The Basic Book List" accessed from the "Booklist" button on the homepage.



We hope our simplicity of search and clarity of presentation will help you locate just what you are seeking.

We have several author presentations online (access through "lecture transcripts" on the home page). Recent additions are: James Redfield and Michael Murphy (God and the Evolving Universe: The Next Step in Personal Evolution), Lynn V. Andrews (Tree of

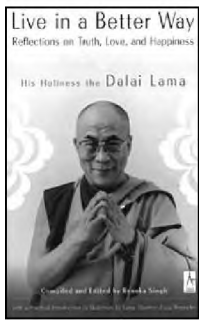
Dreams: A Spirit Woman's Vision of Transition and Change) and more coming. Previously available: Lucia Capacchione, Andrew Cohen, Amit Goswami, Thom Hartman, Charlotte Kasl, Stephen Levine, Franz Metcalf, Jacob Needleman, Judith Orloff, Don Miguel Ruiz, Starhawk, Lama Surya Das, Ron Teeguarden, Eckhart Tolle, and Alberto Villoldo.

Complete issues of *The Bodhi Tree Bookstore Book Review* are available online (under "book reviews" on the home page) as a downloadable Adobe file (pdf). Five issues of the Book Review, including this issue, are available. On the web, the full-color cover art is stunningly beautiful.

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Happy browsing and good reading!



ing it, we have been seeking happiness or fulfillment in a new job, a more beautiful home or a meaningful relationship. How can we ever find lasting happiness in these often-temporary solutions? In this series of lectures, the Dalai Lama examines this question and provides realistic 'heart to heart' advice. And whether addressing the importance of non-violence or the need for self-esteem, His Holiness always speaks with refreshingly frank and human emotion.

Advising non-believers, members of various religions, and Buddhists alike, the Dalai Lama speaks to our need to live more meaningful lives. If we practice compassion and kindness every day, we will experience deeper happiness — it can be as simple as that. Speaking not so much as a revered spiritual leader, but more as a human being who often 'catches a cold' like anyone else; the Dalai Lama inspires us to bring a gentle thoughtfulness into our daily lives.

Also included in this collection is an introduction to Buddhism and to the Dalai Lama's spiritual heritage written by Lama Thubten Zopa Rinpoche. — LA

"Happiness is mental. Machines cannot provide us with it, nor can we buy it. Money and wealth are only partial sources of happiness, not happiness per se. These will not produce happiness directly. Happiness must develop within ourselves; nobody can give it to us. Its ultimate source is tranquility or peace of mind. It doesn't depend on external factors. It doesn't matter if we lack good facilities, a good education or a successful life, as long as we have inner confidence."

"Concern and regard for others, and human affection, are extremely important factors for our happiness. Compassion gives us inner strength, a feeling of inner value."

— His Holiness the Dalai Lama

The Third Karmapa's Mahamudra Prayer

By Tai Situ Rinpoche
\$14.95. 153 pp. paper.
ISBN 1559391693. Snow Lion

"Mind is just mind and the nature of mind has to be experienced through realization; it cannot be experienced in any other way, through any kind of analogy or example. Mind is inconceivable, it is beyond thoughts and concepts . . . When we manage to remain in a state that is unchanged, pure, and original, we are able to meditate on quite a profound level of Mahamudra."

— Tai Situ Rinpoche

Tibetan Buddhism is known for both its philosophical teachings and its esoteric practices such as visualization or mantra recitation. However, at the highest levels of teaching and practice, we discover a radical simplicity. To experience ultimate reality, these teachings say, we must look into our own minds, and learn to rest the mind in its natural state of openness and clarity. However, the teachings insist, we must first go through a process of preparation and purification, while also relying on

the inspiration and guidance of an experienced teacher.

This book contains a quintessential text that explains this direct path to enlightenment: what one needs to understand, and how to proceed. It was written by one of the greatest Masters of Tibetan Buddhism, the Third Karmapa (1284-1339), in the form of a prayer. Students who recite this prayer gain a clear understanding of the path, and at the same time, cultivate an aspiration towards higher spiritual states. In addition, the book contains commentary and explanation by Tai Situ Rinpoche, a prominent contemporary Tibetan Buddhist Master known for his brilliance, warmth, and humor, along with his understanding of western culture and thought. Originally given as a series of talks to western students, Situ Rinpoche's commentaries offer down-to-earth, practical guidance while illuminating all of the text's essential points.

Tibetan Buddhists believe that the Karmapa and Situ Rinpoche are both beings who reincarnate in successive lifetimes in order to offer their enlightened blessings and teachings to humanity. When the present Karmapa (the 17th) fled from Tibet a few years ago, it was largely because the Chinese would not permit him to receive instruction from Situ Rinpoche, who lives in India.

This is not a book for casual readers. However, those with a serious interest in spiritual practice, and especially, the limitless potential of the human mind for enlightenment, will find it to be both instructive and inspiring. — JC



Being Black

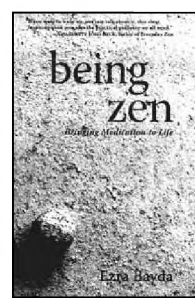
Zen and the Art of Living with Fearlessness and Grace
By Angel Kyodo Williams
\$13.00. 200 pp. paper.

ISBN 0140196307. Penguin Compass
Please see review in African Studies

being zen

Bringing Meditation to Life
By Ezra Bayda
\$21.95. 142 pp. cloth
ISBN 1570628564. Shambhala

We often think we could become happier, more peaceful, more spiritual, and more present or aware, if only other people, and our experiences were pleasant.



But rather than trying to avoid pain, loneliness, fear or anger, Ezra Bayda encourages us to embrace our "negative" experiences and emotions. He examines and explains exactly how to use the things we wish would disappear to become real and present.

After experiencing a debilitating illness, Bayda, a long time Zen practitioner, called on teacher and author Charlotte Joko Beck. She told him that difficulties, discomforts, and obstacles provide the best opportunity to practice Zen. Rather than avoiding or correcting that which we would rather not experience, we should accept and use this pain as our path. In other words: Let life be, let ourselves be, and let each other just be. For Bayda, this phone call was a life changing moment.

Bayda offers readers, from any spiritual discipline, a glimpse of an openhearted approach to life, and provides relevant examples showing how we can embrace our flaws and defects. His book could stimulate anyone's meditation practice or spiritual journey. — LA

"Much of the practice life is about dealing with fear. Fear tells us to close down, not to go beyond the protective outer edge of our cocoon. But by giving in to fear, we make it more solid. We strengthen our cocoon, contracting and limiting our existence. Fear has us avoiding some terrible imagined outcome, yet the substitute life we experience by giving in to our fear is already a terrible outcome."

"When fear is experienced in the present moment, minus our beliefs and judgments about it, we will find that it is rarely unbearable. In fact, when we really stay present with the physical experience of fear we might experience a deep and pervasive peace, sensing the spaciousness and love that flower as fear transforms on its own. As the solidity of fear becomes porous, life's intrinsic essence simply flows through." — Ezra Bayda

Blue Cliff Record

Zen Echoes
By David Rothenberg,
Foreword by Sam Hamill
\$15.95. 127 pp. paper.
ISBN 1930337035. Codhill Press

CASE SIXTY ONE
Politics

Just tell me how you'll take the heartland all by yourself.

I'll set it up on a speck of dust.

Light shines everywhere-what good is the nation?

I stand like a mile-high wall,

There is no house divided.

Give me my words back, I'll admit you are free.

Tough to placate the folk if you want them to think.

The old ones keep their furrowed brows,

Wise rulers are not to be found.

The people are few, and you hardly meet them.

But do not point to yourself:

The perfect world has never been.

The *Blue Cliff Record* (*Pi Yen Lu* in Chinese) is one of several collections of koans that make up the classical canon of



study in the Ch'an Buddhist tradition, the Chinese ancestor of Japanese Zen. Koans are used in Zen as a way to open the mind through study. One can also meditate on koans, emptying the mind so that meaning gives way to truth.

David Rothenberg's translation of the *Blue Cliff Record* is by no means a literal translation of the original. Rothenberg has reinvented the koans in this collection, expressing the dilemma presented in each tale poetically. He writes, "My version is an attempt to get at the essence of each case, not repeating each koan and subsequent commentaries in the same form each time, but playing with the images in each story to pull out the form of concern."

Rothenberg's translations get to the heart of being, opening your mind and senses, and deepening your awareness of the ineffable. In these times, when our rapidly spinning world wants to throw us all off center, it is poetry that stills us, catches us. And in this resplendent translation of *Blue Cliff Record*, poetry loosens our grip.

A poet, writer, philosopher and musician, David Rothenberg is a contributing editor to *Parabola* magazine and founding editor of *Terra Nova*, the award-winning journal of deep ecology. He is also the author of *Hand's End* and *Sudden Music*. — ICS

CASE FORTY FOUR
How to Beat the Drum

How to go beyond study and teaching?
Learn how to beat the drum.

What's the real truth?

How to beat the drum.

To receive a man back from beyond?

Beat the drum.

A metal spike. Barbed-wire fence. Iron filings. *Hard, Hard,*
Pieces of steel, wrecked cars, rusting engines. *Hard, hard.*

In the morning to India, evening to China,

high and low over mountain paths.

you've been wandering footloose far too long,

You won't see through to get lost in the clear...

Beat the drum, beat the drum hard.

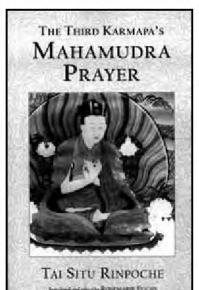
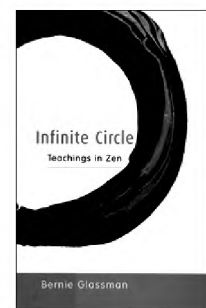
Infinite Circle

Teachings in Zen
By Bernie Glassman
\$21.95. 142 pp. cloth.

ISBN 1570625913. Shambhala

This book is based on a series of workshops Glassman offered at the Zen Community of New York, on the "Heart Sutra." "The Identity of Relative and Absolute"

(the eighth-century poem by Ch'an Master Shih-t'ou Hsi-ch'ien), and the Bodhisattva Precepts. The three workshops together parallel the structure of koan study, developed by the eighteenth-century Zen teacher Hakuin Ekaku in Japan.



As he explores the "Heart Sutra," Glassman points to the essential intimacies of Zen practice, and introduces the realm of not-thinking, or not-knowing. He then takes us into the Soto Patriarch Dogen Zenji's world of practice-realization by discussing "The Identity of Relative and Absolute," and finally, broadens our perspective by analyzing the Bodhisattva Precepts (or "Kai — 'aspects of life') that constitute the Right Dharma of enlightened action.

Glassman gave these talks before he co-founded the Greystone model for social change, and the Peacemaker Community, which invites peacemakers of all persuasions who wish to integrate spiritual practice with social activism. So why is he now publishing this book about the "Heart Sutra", which talks about the emptiness of the elements that make up human nature, and a poem describing in rigorous detail the complex relationship between the realms of the relative and the absolute? Glassman responds that the question of oneness and diversity is not only a primary issue in Zen practice; it may be the key issue in the peacemaking world, as well. Over the years, Zen masters have helped us to see reality first from either side separately, and then as two sides of a single reality. The importance of this wisdom (called prajna) is that rather than seeing things in a dualistic, inside/outside way, we can experience the vibrancy of everything as it is, at this very moment. Glassman has argued forcefully that we have to act. The more clearly we see that everything, without exception, is interconnected, the more appropriate our actions will be.

We now live in a world community shaped by globalization, economic and scientific integration, and the Internet. But this globalization, says Glassman, which brings the world together as One, presents a fundamental problem in that it fails to allow for the great diversity of human cultures, economies, traditions, and needs.

As a Zen activist, Glassman, has been asking the same questions again and again: What is appropriate action? How do I know what to do? And of course, these same questions are expressed by people who don't do Zen, such as business executives who want their companies to make a difference in the world, or politicians who wonder what to do about the war in the Middle East and violence here at home.

Glassman writes, "... the question of what to do and how best to do it is a living question for all of us. By that I mean that there is no one answer. Whatever answer exists is situational, arising and disappearing with the circumstances. Ultimately there is nothing to do other than act out of non-separation and bear witness. There is nothing to rely on, only the rich unfolding of life and our fearless, spontaneous response to it, moment by moment." It is a teaching that expresses the essence of Zen — and that serves as a compelling model for making peace in the world.

No Death, No Fear

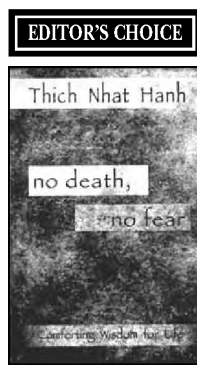
Comforting Wisdom for Life

By Thich Nhat Hanh

\$23.95. 194 pp. cloth.

ISBN 1573222216. Riverhead

"If you want to know where God, the Buddhas, and all the great beings live, I can tell you. Here is their address: in the here and



now. It has everything you need, including the zip code."

— Thich Nhat Hanh

This is not an ordinary book. It is more like a meditation, a poem, or a symphony in which the main themes are developed as they reappear. It was not written to teach you particular concepts, or to advocate a belief system. Instead, it offers the insights that emerge from "looking deeply" into oneself, and all of life.

Needless to say, we cannot function in the world without ideas and concepts. But here, Thich Nhat Hanh reminds us that our concepts about life are inevitably based in hope and fear, or in other words, in the future or the past. Life, however, takes place in the reality of the present moment.

So, why does the title of this book boldly proclaim, "no death, no fear?" It reminds this reviewer of an answer given by the late Taizan Maezumi Roshi (founder of the Zen Center of Los Angeles) when a student asked, "Why do we fear death?" The Roshi responded immediately, "Because you don't know what life is." Thich Nhat Hanh says we have ideas that we were born, that we now exist, and that eventually, we will die. But these are just our ideas, he says, and in fact, they are illusions. If we take a few deep breaths and look more deeply, we discover that life is an endless, interdependent process of becoming and manifesting. Our body and mind appear in their present form because of millions of causes: our parents, their parents, the food we eat, the natural processes that allow the food to grow, our nation, our culture, etc. So, it is impossible to say that "I begin to exist" at a particular moment, or that "my existence ends" at another. Life is much subtler than our concepts about it.

Thich Nhat Hanh is both a masterful teacher and an accomplished poet, and in this book, he brings some of the most challenging insights of Buddhist philosophy into our everyday experience. He asks us to contemplate the potential flame in a box of matches, or the various manifestations of a drop of water as cloud, a river, or pure white snow. In so doing, he reveals the teaching of "emptiness," which allows for the limitless, creative activity of life.

Above all, this is a very affectionate book, since Thich Nhat Hanh expresses his great love for his fellow beings, and all of reality. Read slowly, it draws the reader into deeper dimensions of understanding, which allow us to live serenely and joyfully, and to overcome our negative emotions; it also includes sensitive and helpful ways to support friends or relatives as they approach the moment of death. And by the way, Thich Nhat Hanh (who is Vietnamese) has put these teachings to the test through his courageous peace work during the Vietnam War. — JC

"In the historical dimension, we have time and space, and pairs of opposites: right and wrong, young and old, coming and going, pure and impure. We look forward to beginning and we are afraid of ending. But the ultimate dimension does not have any of these things. There is no beginning or end, no before or after. The ultimate is the ground that makes

the historical dimension possible. It is the original, continuing source of being. It is nirvana. It is the kingdom of God."

— Thich Nhat Hanh

Novice to Master

an ongoing lesson in the extent of my own stupidity

By Soko Morinaga,

translated by Belenda Attaway Yamakawa

\$19.95. 154 pp. cloth.

ISBN 0861713192. Wisdom Publications

"In people and in things, there is no such thing as trash. This was the first sermon I ever heard from my Zen teacher. Although his words did make an impression on me, unfortunately I was not keen enough to attain enlightenment as a result of hearing them. To tell you the truth, I found almost everything he said irritating."

— Soko Morinaga

This book provides a truly fresh perspective on Zen Buddhism. The author, a Japanese boy, born in 1925, lost everything — his family and possessions. He ended up outside a Zen monastery, in the snow, begging entrance for four days. Because he has delved into his own nature so deeply and honestly, and unflinchingly relates his own ignorance, we can see ourselves in the mirror of the truth he reveals.

Whether or not we enjoy seeing ourselves, naked, as it were, without artifice ... it can be just what we need. Pretending to be wise, pretending to know something he didn't, or jumping to false conclusions — these are just a few of the personal mistakes Soko Morinaga relates with excruciatingly painful humor. For Western readers, this book comes from a time and place different than our own. But as we go through life, we might well experience the same humbling lessons, and the same perfect truths. — LA

On Having No Head

Zen and the Rediscovery of the Obvious.

By Douglas E. Harding

\$11.95. 123 pp. paper.

ISBN 1878019198.

Inner Directions Publishing

According to Douglas E. Harding ... You have no head, I have no head, and in fact, he has no head. For a headless man, however, he has a lot to say on the subject. And in this revised edition of his spiritual classic, he explains his discovery of what he calls "the headless way."

His original discovery happened in the Himalayas (although it could have occurred anywhere), when he stepped out of his head, as it were, and into the mountains, the trees, the streams, and the vastness of infinity. We've all had a lightening flash of this insight, when we cease to exist, as a separate entity and become One. But Douglas Harding has dedicated his life to this experience — to examining, exploring, studying and sharing it. He found that the Zen Masters had illuminating things to say that confirmed his discovery, and ultimately he found that many spiritual traditions embraced

examining, exploring, studying and sharing it. He found that the Zen Masters had illuminating things to say that confirmed his discovery, and ultimately he found that many spiritual traditions embraced

this concept of nothingness, or "no self" or "no head," as Harding explains it.

With a Lewis Carroll type of nonsensical or "no sense" sense, Harding encourages our delight in the headless way.

— LA

"So this is not a head, but a wrong headed idea. If I can still find it here, I am 'seeing things,' and ought to hurry off to the doctor. It makes little difference whether I find my head, or Napoleon's, or the Virgin Mary's, or a fried egg, or a beautiful bunch of flowers: to have any topknot at all is to suffer from delusions."

"During my lucid intervals, however, I am clearly headless here. Over there, on the other hand, I am clearly far from headless: indeed, I have more heads than I know what to do with."

— Douglas E. Harding

Zen Meditation in Plain English

By John Daishin Buksbazen,

Foreword by Peter Matthiessen

\$12.95. 128 pp. paper.

ISBN 0861713168. Wisdom Publications

The word *Zen* has become very familiar to us in the West — but do we know what it means? In straightforward language, *Zen Meditation in Plain English* reveals the

true heart of Zen: the simple practice of attending to our breath and thereby awakening to our life. As John Daishin Buksbazen writes, "Zen is a way of clearly seeing who we are and what our life is, and a way of life based on that clear vision." Divided into three sections — Buddhas, Sitting, and Community — this highly accessible introduction to Zen philosophy and practice provides all the essentials for the beginning student.

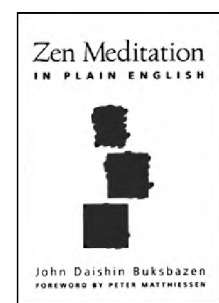
The first and last sections of the book give an overview of the Buddhist tradition and its place in America as well as the basics of participating in a community of practice.

The middle section — Sitting — gives detailed instructions for learning how to sit in Zen meditation and work with the breath. It includes a consideration of different styles of sitting — on a zafu (meditation cushion), a meditation bench, or a chair. In addition, Buksbazen offers valuable advice on frequently-asked questions, such as "Should I try to make my mind blank?" or "What do I do with my feelings/emotions?," along with practical exercises to help you develop a comfortable sitting posture.

Buksbazen's clear approach to Zen meditation provides a stable ground for meditation, clarifying the importance of a good teacher and of practicing with others, while laying out steps one can follow to establish a regular meditation practice. The wisdom and simple grace of the Zen Buddhist tradition is beautifully expressed by Buksbazen in this excellent introduction to Zen practice.

John Daishin Buksbazen trained for more than a decade with Taizan Maezumi Roshi at the Zen Center of Los Angeles. He is also a psychotherapist and psychoanalyst in private practice in Santa Monica. — DL

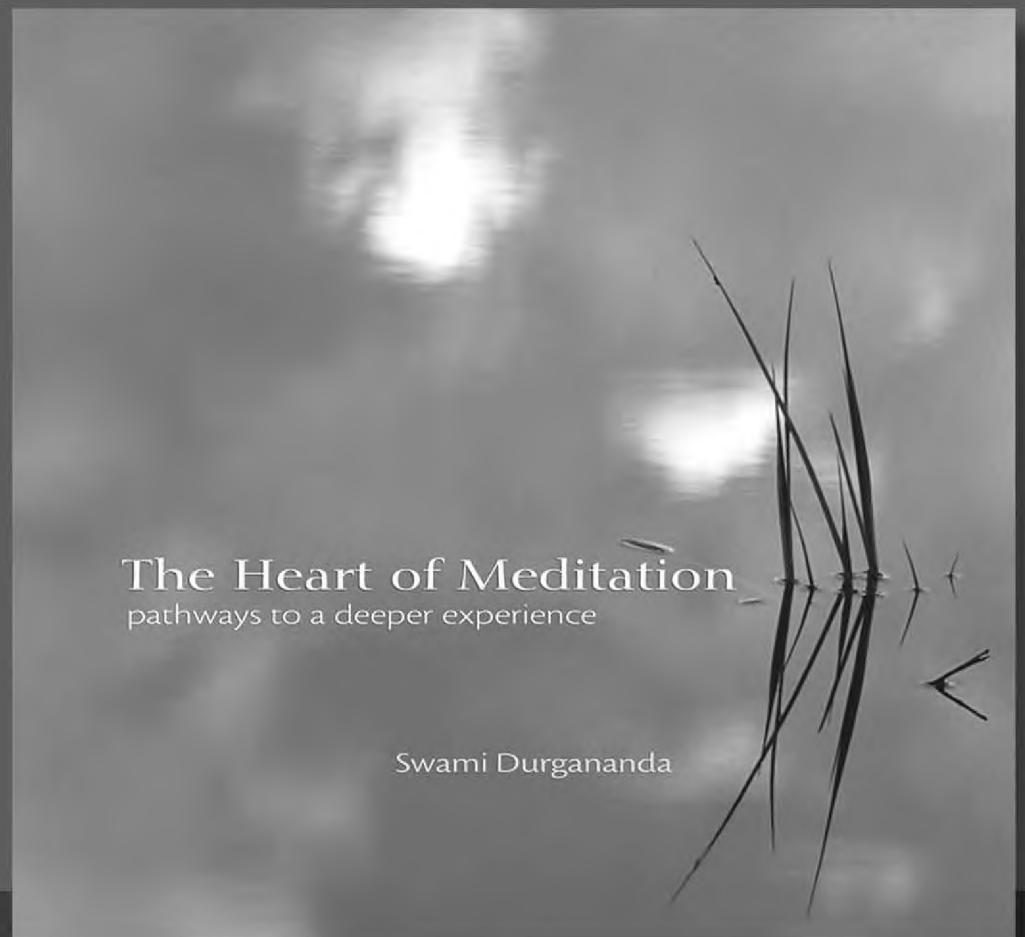
For an in depth presentation by John Daishin Buksbazen, please see our feature article in this publication (page 8).



“A wise and wonderful, beautiful book.

The Heart of Meditation is surely one of the very best introductions to the art of meditation, which means that it’s an introduction to your real Self.”

Ken Wilber



The Heart of Meditation

pathways to a deeper experience

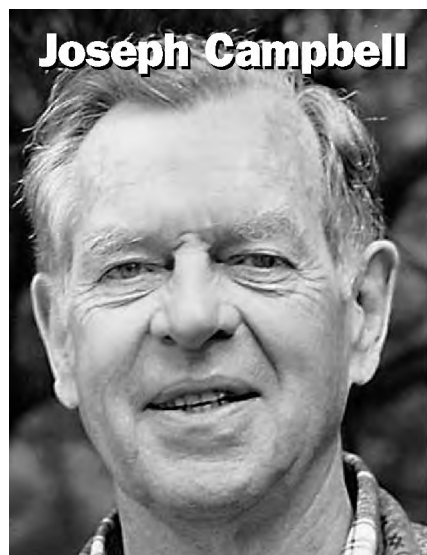
by Swami Durgananda

Dramatically enhance your meditation with this profound and yet practical book. Swami Durgananda, a Siddha Yoga teacher, offers the insights she has gained in almost 30 years of meditation practice under the guidance of her meditation masters, Gurumayi Chidvilasananda and Swami Muktananda.

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ISBN 0-911307-97-4 \$17.95 368 pages



The Inner Reaches of Outer Space

Metaphor as Myth and as Religion

By Joseph Campbell

\$20.00. 148 pp. cloth.

ISBN 1577312090. New World Library

"Like dreams, myths are productions of the human imagination. Their images, consequently — though derived from the material world and its supposed history — are, like dreams, revelations of the deepest hopes, desires and fears, potentialities and conflicts, of the human will which in turn is moved by the energies of the organs of the body operating variously against each other and in concert. Every myth, that is to say, whether or not by intention, is psychologically symbolic. Its narratives and images are to be read, therefore, not literally, but as metaphors."

— Joseph Campbell

Joseph Campbell, renowned worldwide for his work in comparative mythology, believed that the mythic themes found in the world's major religious traditions were losing their meaning in today's space-age, technological world. He wrote, "The old gods are dead or dying and people everywhere are searching, asking: What is the new mythology to be, the mythology of this unified earth as of one harmonious being?" In *The Inner Reaches of Outer Space*, the last book completed before his death in 1987, Joseph Campbell posits that the newly discovered laws of outer space are actually within us as well, and that a new mythology is implicit in that realization. Campbell demonstrates that metaphor is the language of art and argues that within the psyches of today's artists are the seeds of tomorrow's mythologies.

This wide-ranging collection of essays includes Campbell's thoughts on mythology as a function of biology in "Myth and the Body," while "Metaphor as Myth and as Religion" summarizes Campbell's pioneering work in mythology and comparative religion. Gracefully, Campbell moves from the micro to the macro, from the artistic to the mystical in this lucid, beautiful and important book. — ICS

Joseph Campbell is the author of many acclaimed books, including *The Hero With a Thousand Faces*, which came out in 1949 and is now considered a classic, *The Power of Myth* with Bill Moyers, and the four-part series *Masks of God*.

New World Library is re-publishing the collected works of Joseph Campbell. In addition to *Inner Reaches of Outer Space*, current publications in this series are *Bakshesh and Brahman*, *Flight of the Wild Gander*, and *Thou Art That*.

Channeled Material

On Wings of Light

Messages of Hope and Inspiration

Through Ronna Herman

By Archangel Michael

\$20.00. 231 pp. paper.

ISBN 0970090234. Mt. Shasta Light

"We all have the ability to commune with the angels and higher beings; it is our birthright, we have just forgotten."

— Archangel Michael

As many are aware, humanity is in a time of great transition. More and more people are experiencing a sense of spiritual discontent and transformational awakening. The goal of channeler Ronna Herman and Archangel Michael is to help humanity through this difficult period of change, to get all human beings to realize their full potential, and to encourage one person to assist another. Human beings are co-creators of reality; it is our decision. Do we create through fear, lack and limitation or do we create our reality through love, abundance and joy?

On Wings of Light shows us how all our realities are interconnected — beginning with ourselves, and then extending out to our homes, our loved ones, our communities, cities, states, countries, world and universe. Each link in the chain contributes to the brightness of the Light. With purpose, our hearts can grow to create a more perfect realm of reality for all humanity. — MM

"Many of the ancient lessons and rules of being and becoming are no longer valid. They are obsolete...you have evolved past them and their application. Therefore, new rules, new laws, new messages of wisdom are coming forth...messages that will stretch your imagination...force the boundaries of your thinking and your reality...new concepts, new formulas for everything from health, food sources, lifestyles, ways to accomplish higher levels of spirituality, to scientific applications of electromagnetic energy and the earth's energy supply."

— Archangel Michael

Christianity

Jesus: What He Really Said and Did

By Stephen Mitchell

\$15.95. 145 pp. cloth.

ISBN 0066238366. HarperCollins

"Over and over, Jesus taught that God's love is unconditional. This means that there are no preconditions that have to be satisfied in order for God to love you. You don't have to believe anything; you don't even have to believe in God. Jesus taught that God has a deep love for everything on earth: for the sick and the despised, the good and the bad, for weeds as well as flowers, lions as well as lambs. He taught that just as the sun gives light to both the wicked and the good, just as the rain brings nourishment to both the righteous and the unrighteous, so God's compas-



sion embraces all people. When you are ready to receive it, it is there."

— Stephen Mitchell

Scholars, historians, and spiritual seekers alike have spent many years trying to separate myth from reality in the story of Jesus and his teachings. In the whole of the Christian Bible, the actual words spoken by Jesus are comparatively few, and as a result, many important questions remain: What exactly did Jesus say and do? And what meaning does it have for our lives today?

In *Jesus: What He Really Said and Did*, bestselling author and translator Stephen Mitchell explores these questions. Having spent many years contemplating and writing about a wide range of spiritual issues, Mitchell draws here on his earlier book, *The Gospel According to Jesus*, to present the life and teachings of Jesus in a fresh and challenging way. Mitchell asks us to consider the following: Are all sayings attributed to Jesus authentic? Could spiritual healing actually happen? Is the title "Son of God" exclusive to Jesus? Is the Resurrection legend or reality? Following in the footsteps of Thomas Jefferson, whose early 19th century version of the Bible sought to include only the authentic accounts and words of Jesus, Mitchell employs the best of recent scholarship to distinguish between the heart of Jesus's teachings and the later additions and revisions that distort or diminish his meanings. Mitchell examines who Jesus was, his birth and childhood, his spiritual awakening, his work as a healer and teacher, the parables he told, and finally, the circumstances and meaning of the crucifixion.

Above all, Jesus taught the ideas of love and forgiveness. Mitchell reveals how these qualities help clarify what Jesus actually said and did, and how the kindness and beauty of Jesus's words can deepen our experience of God, no matter what path we are following. — DL

"When you're able to look inside yourself deeply, you'll find that the teacher who taught Jesus will teach you." — Stephen Mitchell



Andrew Cohen

Living Enlightenment

A call for evolution beyond ego

By Andrew Cohen,

Foreword by Ken Wilber

\$14.95. 124 pp. paper.

ISBN 188392930X. Moksha Press

"When you discover who you really are, you see directly that the personal self, with its attachment to time and history, lives in a dream world, an unending nightmare of

countless worries and fears, desires and hopes, which literally become transparent when one awakens to one's own impersonal absolute depth." — Andrew Cohen

As Ken Wilber notes in his foreword, Andrew Cohen belongs to the tradition of the best spiritual teachers, the "rude boys and girls." Instead of serving up spiritual platitudes to enhance seekers' egos, these teachers prefer to cut through the ego and directly shock the system, just as the great Zen masters would strike their confused students with a stick. "If you want enlightenment," Wilber writes, "if you want to wake up, if you are capable of standing in the very middle of a

raging fire that will melt your heart and open it to eternity, then you have come to the right place."

In *Living Enlightenment*, Cohen insists that the spiritual evolution of each individual is not separate from the evolution of humanity as a whole. Cohen says, "The purpose of spiritual growth is to awaken, and the purpose of awakening is to participate in evolution — indeed, our personal transformation is linked inextricably with the unfolding of the universe. We must become one with this evolutionary process."

Using an inviting question-and-answer format, Cohen presents a thought-provoking and focused dialogue that leads to a stimulating conversation between author and reader. He considers many aspects of enlightenment and evolution, including: What are the implications of enlightenment? Are there degrees of enlightenment? How do you tell when someone is enlightened? What is the relationship between karma and enlightenment? Is the path to enlightenment the same for both sexes? What is the ultimate purpose of enlightenment?

Infused with the wisdom of the ages yet expressing a wholly contemporary vision, *Living Enlightenment* redefines the very purpose of spiritual life for the modern Western seeker.

The spiritual teacher and thinker Andrew Cohen is the author of several books, including *Embracing Heaven and Earth* and *Enlightenment is a Secret*. He is also the founder of *What Is Enlightenment?* magazine, a highly-respected forum for contemporary spiritual inquiry. He gives talks and teachings to a worldwide audience and is a spiritual mentor to many students. His work is informed by many visionary thinkers and spiritual teachers.

Color

Tony and Tina Color Energy

How Color Can Transform Your Life

By Cristina Bornstein and Anthony Gill

\$25.00. 158 pp. cloth.

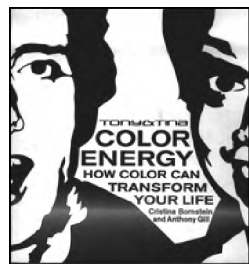
ISBN 0743217926. Simon & Schuster

"Have you ever wondered why you always wear a certain color blue, or why you insist on using only green file folders, or why you had to throw out that chair just because it was orange? The answer is energy. Every color gives off its own particular vibration, and like tuning forks, we respond to it. In a very real way, color influences our every system and affects

both our physical and emotional well-being."

— Cristina Bornstein & Anthony Gill

If you are thinking of dismissing this book, please don't. There is so much healing information contained within these pages that passing it up would be unfortunate. With information about how color is perceived, how it can heal, and how your chakras, thoughts, senses and actions



affect your health and emotions, this book can change the way you live as soon as you pick it up and start reading it. Tony and Tina have a very successful cosmetics line,

but their intention in starting it was to share their knowledge of energy medicine with the world. And with this book, their real work has finally begun.

As Reiki masters, Cristina Bornstein and Anthony Gill have tested out these meditations, exercises and therapies on themselves and on their friends. They practice what they preach, and their book comes with color cards that you can use to do color readings on yourself, or your family and friends. The cards will reveal which chakras are ailing and need special attention, and what you can do about it. This book can also help you determine a color to paint each room in your house, a color to wear if you're depressed or ill, a color of energy to send to certain parts of your body... the list goes on and on. You would need to buy ten other books to get all the information that is contained in this one. Tony and Tina are the real thing.

— MM

"From our personal experience we know that color can positively affect the body's energy system. It is a vibrational remedy that can be used to heal and transform. Using the information in this book, you will learn how to use the power of color energy to positively affect your energy system and create the reality you truly desire."

— Cristina Bornstein & Anthony Gill

Death & Beyond

Hannah's Gift

Lessons From a Life Fully Lived

By Maria Housden

\$17.95. 227 pp. cloth.

ISBN 0553802100. Bantam

This book is remarkable for its unflinching honesty at every intimate, painful turn. Author Maria Housden has risen from the ashes of an inexplicable tragedy, and has done so while allowing the reader full access to both her darkest thoughts and her personal moments of great joy.

The death of a child is a deeply traumatic event that raises many troubling questions. There are no pat answers, and no easy explanations. It is a riddle with no beginning and no end, a mobius strip where parents question their every belief and decision without any assurance that one action is right, or another wrong.

Maria Housden tells the story of three-year old Hannah's struggle with cancer, her joy for life and her wisdom in death. Hannah's discoveries during her three years are passed along for us to remember for the rest of our lives: the simple wonder of being alive, the enchantment of a moment, the infinite lattice of life and death, shadow and light, and the transformative power of love and compassion. If for no other reason, read this book simply to feel alive, to weep and to laugh, to be grateful for a day in the sun or something as common as a ride in a car. *Hannah's Gift* reminds us that being who you truly are is the greatest gift of your life. — MM

"I lit the candles. They seemed dwarfed by the large cake. Three wasn't enough candles for a cake or enough years for a life. Tears I had been holding inside welled up. I blinked hard. I couldn't cry now. I would ruin the happiest moment of the whole day. Taking a deep breath, I picked up the cake, pasted a

smile on my face, and stepped into the dining room. 'Happy birthday to you...'

Unlike everyone around her, Hannah wasn't smiling. She was solemn, quiet, almost completely still. Only her head moved as her eyes traveled slowly from one person to the next, resting finally on me. For a split second, I thought something was wrong; she was tired or sad, or the excitement was too much for her. Then I realized, far from feeling unhappy, Hannah was letting everyone and everything in this moment seep into her heart. As the loud, off-key rendition of 'Happy Birthday' came to an end, bright eyes and flushed faces turned to look at her. She smiled slightly still taking it all in. Everyone waited. A long silence. The other children began to wriggle impatiently.

'Make a wish, Hannah,' someone called out.

Hannah looked at me. Her eyes burned into my heart. The adults were no longer smiling. The kids were no longer wriggling.

Everyone was watching Hannah; Hannah was watching me. The room was suspended in a hush, like the fullness in church after the last 'amen.' Finally, finally, with only a whisper of breath, Hannah blew the flames out. Even as she did it, her eyes never left mine. I felt more present, more there with her than I had felt with any other person, ever.

In one breath, Hannah blew out her candles and blew open my heart. I now knew there was a joy beyond happiness, out-loud laughs, and pasted-on grins. Its essence was stillness; a deep quiet that could be inhaled, that poured through my body until there was no part that was not filled." — Maria Housden

Messages

Evidence for Life After Death

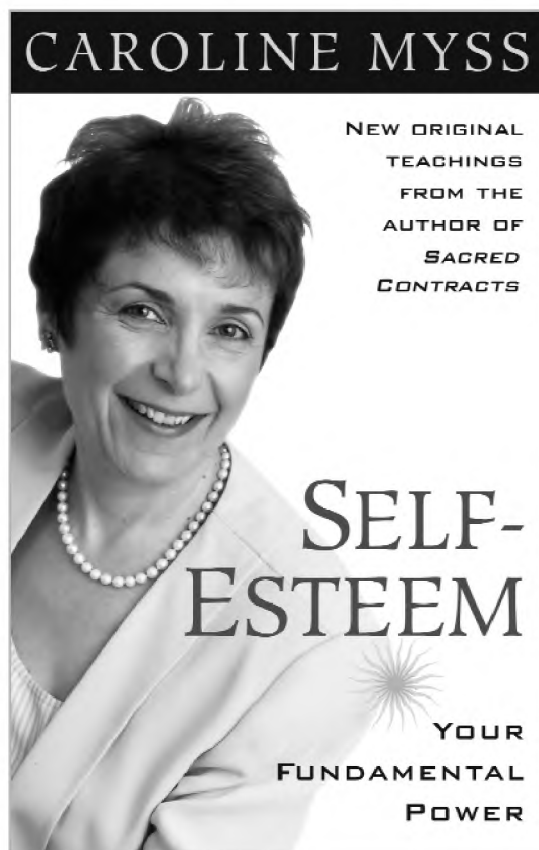
By George E. Dalzell

\$13.95. 151 pp. paper.

ISBN 1571742964. Hampton Roads

Here's one idea that will never die — the belief that consciousness survives our

Caroline Myss Speaks on Self-Esteem. Only on Audio. Only from Sounds True.



SELF-ESTEEM Your Fundamental Power

Caroline Myss

On *Self-Esteem*, Caroline Myss — our most trusted authority on intuition and healing — casts a new light on this often misunderstood subject, redefining self-esteem as an actual "core power" that is essential to our evolutionary progress. In fact, Myss teaches, our potential for success in life is determined by how greatly we "esteem" or value who we truly are. Beginning with a look at its roots in childhood, and branching into the real world of daily experience — including finances, relationships, and spirituality — Myss illustrates the incredible changes that come when we nourish this life-giving force.

Building on her revolutionary bestsellers *Anatomy of the Spirit* and *Sacred Contracts*, Myss explores:

- How your strong self-esteem threatens other people — and why you must strengthen it anyway
- The role of self-esteem in healing, on the personal and global levels
- How your intuition, spiritual guidance, and self-esteem depend on each other
- PLUS special guided exercises for cultivating healthy, vibrant self-esteem, available only on this audio session, and much more

"How would your life change if your self-esteem improved?" Myss asks. Now you can find out, with this "energetic template" for radiating the quiet power of your own *Self-Esteem*.

4 CDs or 4 cassettes





bodily death. But is there any scientific evidence for life after death? Can we really communicate in some way with a deceased friend or loved one?

George Dalzell, a psychiatric social worker by profession, never imagined that he would one day have the experience of talking with the departed. But when his close friend Michael was killed, things started happening that permanently shifted Dalzell's perspective on reality.

As a therapist, Dalzell had counseled people who claimed to hear voices. Now, however, it was Dalzell who was hearing a voice, and it was that of his late friend Michael. The voice revealed information about Michael's private life and possessions, and other phenomena soon followed, including apparitions of Michael, house lights that blinked on and off, alarm clocks that moved, and rose petals left in the pattern of an angel. "Michael appeared to have brought evidence that there was a dimension beyond our five senses, and that he could keep the channels open," writes Dalzell.

Eventually, Michael opened the channels to seven friends, family members, and colleagues, and provided incontrovertible signs that showed he was the one communicating with them. Further confirmation of Michael's continued existence and the validity of his after-death communications was provided by independent contact with professional psychics and mediums.

Dalzell's book adds empirical confirmation to a field that is gaining popular and scientific respect. His conclusions may also comfort grieving families, and calm our natural inclination to fear death as an occasion of separation and loss.

George Dalzell, who holds a masters degree in social work, is also a member of the Skeptics Society. He is participating in mediumship research at the University of Arizona's Human Energy Systems Laboratory under the auspices of Gary E. Schwartz, Ph.D. Dr. Schwartz's research has been documented in *The Afterlife Experiments: Breakthrough Scientific Evidence of Life After Death and The Living Universe*. As Schwartz notes in his foreword here: "If mediums are willing to stand up and be counted, scientists should be willing to stand up and count them."

"It stands to reason that, if the human spirit 'survives' physical death, a determined loved one should be able to communicate through a medium. In an informal experiment, I tested mediumship by both acting as a medium and by consulting professional mediums in an attempt to test this hypothesis.

The resulting experiences changed my life and touched the lives of a group of people in a therapeutic way. It is my conviction that our story carries the potential to help redefine spirituality and the way we look at life after death." — George E. Dalzell

The Body Ecology Diet

Recovering Your Health and Rebuilding Your Immunity

By Donna Gates

\$ 24.95. 280 pp. paper.
ISBN 0963845888. B.E.D.

In her life-long battle with candidiasis,



Donna Gates went to doctors, healers, nutritionists, and allergists. None of them, however, could help her rid her body of the overgrowth of yeast, so Gates decided to take her health into her own hands.

She then spent years studying and testing diets and foods and came up with her own system, which achieved remarkable results. This Diet is for anyone who is struggling with immune-related disorders such as AIDS, cancer, chronic fatigue syndrome, and herpes. It is also valuable for those who have spent more than a year on antibiotics or birth control pills.

The Body Ecology Diet was created to return your body's ecosystem to a natural state of balance. Everything you need is included: a quiz to determine if you suffer from candida, meal plans, recipes, shopping lists, principles of food combination, internal cleansing methods, and strategies for conquering food cravings. If you suffer from headaches, rashes, depression, low sex-drive, digestive disorders or allergies you may be one of the millions of people suffering from this common but hidden infection. Take control of your life and your body's needs with *The Body Ecology Diet*, and restore your body to it's optimum state. — MM

"The Body Ecology Diet offers a framework for the rest of your life. It provides basic tools that will help you restore and maintain the balance and vitality your body deserves. It goes with the flow of nature, not against it. It strengthens your immunity. The Diet can bring a greater sense of calm to your life by providing clear guidelines and principles."

— Donna Gates

Hope's Edge

The Next Diet for a Small Planet

By Frances Moore Lappe and Anna Lappe

\$26.95. 448 pp. cloth. ISBN 1585421499.

Jeremy P. Tarcher/Putnam

This is the thirtieth-anniversary sequel to the seminal *Diet for a Small Planet*. It is the intimate narrative of a mother-and-daughter journey which also offers a far-reaching vision for social and environmental change. And on top of that, it includes recipes from the country's leading vegetarian and whole-foods chefs and restaurateurs, such as Alice Waters,

Mollie Katzen, Laurel Robertson, Nora Pouillon, and Anna Thomas.

Frances Moore Lappe's *Diet for a Small Planet* has been a touchstone for more than a generation. Selling over three million copies (and counting), it has helped us to see how we are generating the very scarcity that we fear. It showed how each of us can choose an alternative: a diet that is best for our bodies and also best for our planet. In *Hope's Edge* Frances and her daughter, Anna, pick up where the earlier book left off.

In a journey of discovery that crosses five continents, the Lappes explore some of the most puzzling questions of our time: Why, as societies, do we create the social inequalities, and the devastation of nature that we individually abhor? And are there paths we can walk that will, in practical ways, heal our lives and help the planet?

Searching for answers, the Lappes challenge the promoters of corporate globalization and take us into worlds beneath the radar of the global media. We meet poor villagers in Kenya who are trying to

turn back the encroaching desert, landless peasants in Brazil who are facing down big landowners and creating vibrant communities, village women in Bangladesh incurring huge risks to lift their families out of poverty, and renegade farmers

in Wisconsin who are learning to thrive while caring for the land. In addition, the Lappes expose the false tradeoffs of corporate globalization: chemical agriculture or starvation; genetically modified foods or scarcity; corporate capitalism or chaos. As they repeatedly demonstrate in *Hope's Edge*, we have other choices.

As an alternative to these thought traps, the Lappes offer a guiding framework gleaned from the breakthroughs of the people they met on their journey — a framework that both grasps our global predicament and points to renewed meaning in our lives.

Featuring recipes from vegetarian, organic, and whole-foods pioneers, *Hope's Edge* is also a celebration of a cuisine that has emerged in the past thirty years. This culinary path revives the sensuous pleasure of eating food, and at the same time, reconnects us to the earth and those who care for it. — DL

Natural Highs

Feel Good All the Time

By Hyla Cass, M.D. & Patrick Holford

\$24.95. 338 pp. cloth. ISBN 1583331336.

Avery/Penguin Putnam

What does it take to make you feel "high?" If you routinely reach for caffeine, alcohol, cigarettes, or sugary snacks to get you through the day, you are certainly not alone. In an average week in the U.S., we consume 1 billion cups of coffee, 3.4 million cups of tea, 4.5 billion sugared or caffeinated soft drinks, and 2.3 billion alcoholic drinks. On top of this, we take 20 million antidepressants, puff our way through 25 million marijuana joints and 8.25 billion cigarettes, and pop 1 million tabs of ecstasy.

Clearly these staggering statistics are a sign that many of us depend on very unhealthy means simply to feel normal —

never mind "high." Unfortunately, the quick fixes we have become accustomed to don't work long-term, and often they contribute further to the underlying problems of fatigue, depression, brain fog, and anxiety.

Are there alternatives? In *Natural Highs*, Hyla Cass and Patrick Holford answer this question with a resounding yes. Their research shows how to formulate the perfect brain food to improve how we think and feel, and enjoy a greater sense of connection with everyday life. There are potent natural substances — herbs, amino acids, nutritional supplements and foods — that can significantly elevate mood, tame stress, and repair memory in ways that work in harmony with the body's own chemistry. Rather than artificially change the way we feel, these substances affect the brain's neurotransmitters (such as dopamine and serotonin) that are crucial to feeling good, happy, relaxed, and energetic — naturally.

Cass and Holford present everything from simple solutions to more comprehensive programs combining supplements

(including Kava, Valerian, Ginseng, St. John's Wort, tyrosine, Gingko Biloba, etc.). In addition, there are mind-body techniques that will help you understand your brain, and your moods and cravings, in a new, fascinating way.

Natural Highs is designed to help you wean yourself from the chemical crutches that seem to rule the day. By focusing on safe, effective, and nonaddictive substances, the authors show how you can sharpen your mind, improve your memory, enhance your mood, beat stress, and feel calm and connected — naturally. — DL

"We believe it is possible to be high — firing on all cylinders, inspired, enthusiastic, happy, calm, and alert — much of the time. Our Natural High Program shows you how to sustain the right biochemical, physical and psychological conditions."

— Hyla Cass, M.D., & Patrick Holford

Diet & Health: Eastern

The Healing Promise of Qi

Creating Extraordinary Wellness Through Qigong and Tai Chi

By Roger Jahnke, O.M.D.

\$24.95. 316 pp. cloth. ISBN 0809295288.

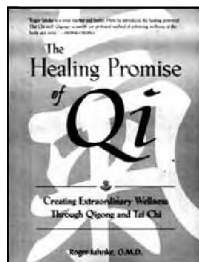
Contemporary Books

"Health, healing, power, sex, wealth, opportunity, pleasure, and inner peace all require one thing: essential life energy . . . The same astounding resource that regulates the seasons, causes plants to grow, and creates stars and galaxies is available to each of us. This resource is Qi." — Roger Jahnke

"When you find the Qi it will amaze you. When you cultivate Qi you will discover something new every day." These words came from one of Roger Jahnke's Qigong teachers in China. Jahnke himself has this to say: "When you begin this activity, it will be like finding an inspiring new channel on the radio or television, a channel that will change your life over time."

If this ancient Chinese principle of Qi (universal life energy) sounds too exotic or mysterious, consider the practical benefits that Jahnke reports. The signs of ample and

EDITOR'S CHOICE



harmonious Qi, he says, include feeling rested, having good stamina, and being productive, creative, energetic, humorous, happy, and imaginative, while experiencing little or no pain. However, he continues, those with stagnant or deficient Qi might complain of fatigue, stress, anger, worry, fear, depression, forgetfulness, sleeplessness, frequent colds and other illnesses, joint pain, allergies, and general frustration. How can we enjoy the many benefits of positive Qi flow? Through the simple, gentle method of exercise known as Qigong.

There are many books available on Qigong, but this one is quite special. It includes explanations and illustrations of Qigong exercises, but above all, Jahnke wants to lead his readers into a deeper understanding of this mysterious Qi principle and the practice of Qigong, from the obvious physical and psychological benefits to the subtler levels, where Qigong becomes a spiritual or meditative path. The book is inspiring, non-technical and even poetic as Jahnke shares stories from his extensive study and travel in China, while urging his readers to lay aside western preconceptions that might obstruct their appreciation and understanding of Qigong philosophy and practice.

Qigong, he writes, is "probiotic" and seeks to strengthen our health, in con-

trast to western antibiotics and other techniques that attack disease. With consistent Qigong practice, he writes, "You will never know what disease you might have had. And you won't care. People don't notice the pains and diseases that they aren't having." On a subtler and more advanced level, Jahnke writes about "natural flow Qigong," which he likens to a hawk effortlessly soaring on air currents, or a problem that spontaneously dissolves after we abandon our struggle to resolve it. Eventually, he says, we might "come to the awareness that the universe is completely oriented, attuned, and coordinated — automatically permeated with perfect wisdom."

Does it all sound too simple? That is the issue, says Jahnke, since "The practice is easy, but life is complex." So, it requires some intention and focus. But the results could be revolutionary for our society, since even government surveys indicate that 70% of all serious disease is preventable, while the growing cost of health care is a major issue. — JC

Dreams

Dreams Are Letters from the Soul

Discover the Connections Between Your Dreams and Your Spiritual Life

By **Connie Kaplan**

\$23.00. 268 pp. cloth.

ISBN 060960791X. **Harmony Books**

"Dreamtime is a return to the cosmic soup of all potential, the embodiment of silence, so that we can regenerate, heal, and bring forth in our magnificent, ecstatic awakening a new

expression of the light energy we call life."

— **Connie Kaplan**

In the Sufi tradition, the spiritual seeker is often called a Lover, and the spiritual journey is considered to be the Lover's wanderings in search of the Beloved (God). Connie Kaplan, in *Dreams Are Letters From The Soul* asks you to become a Lover in the Sufi sense.

Kaplan asserts that our dreams connect us with the universal soul, and ultimately with God. Dreams, then, are the encoded messages from the soul that guide our collective spiritual growth. Through her own moving story, and the dream journals of both her students and the women who participate in her dream circles, Kaplan describes various

forms of dreams including the prophetic, telepathic, ceremonial, healing, and spiritual. In addition, she explains the importance of finding your own specific spiritual methods for preparing to sleep, in order to engage the dreaming realm soundly and completely. The book also teaches you how to comprehend your dreams and integrate the messages you receive into your conscious day-to-day life. If each one of us heeds the messages of our dreams, says Kaplan, we will be closer to the Beloved and the universe will be the better for it. — ICS

Connie Kaplan's first book is *The Woman's Book of Dreams*.

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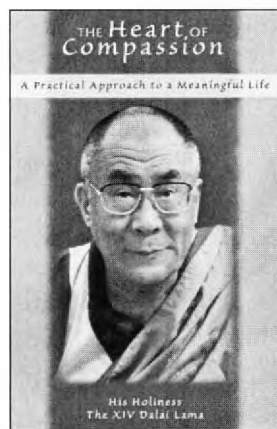
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The Heart of Compassion

A Practical Approach to a Meaningful Life

His Holiness the XIV Dalai Lama



168 pp
ISBN PB 0-940985-36-5 \$12.95
ISBN HB 0-940985-38-1 \$19.95

In *The Heart of Compassion*, the Dalai Lama guides us step by step to an understanding of our human condition and how we can act to achieve a higher fulfillment than pure worldly enjoyment. He helps us create within ourselves the necessary texture of consciousness to live a life of harmony, peace and virtue.

This book carefully balances philosophical concepts with a very practical, day-by-day approach to living a spiritual life. Anyone reading this book will come away richer for the experience, regardless of your own spiritual or religious background. Of special note is his clear integration of the teachings of Jesus into his overall world view, showing how all teachings can find their harmony in the ultimate spiritual oneness and truth that underlies them all.



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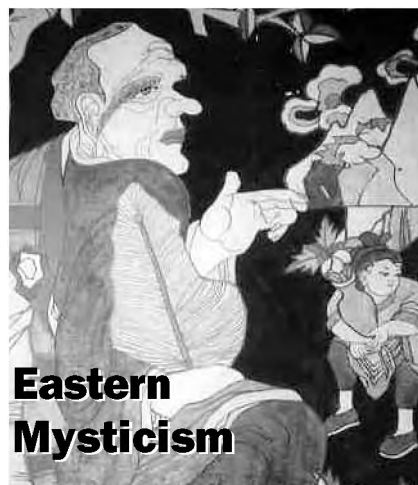
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Eastern Mysticism

Beyond the Siddhis

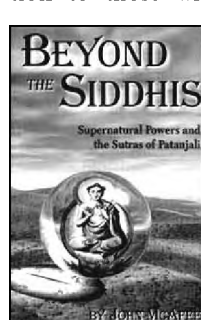
Supernatural Powers and the Sutras of Patanjali

By John McAfee

\$9.95. 116 pp. paper.

ISBN 097115693X. Woodland

The Yoga Sutras of Patanjali have long been a source of instruction and inspiration to those who ask, 'who am I?'



Patanjali wrote 195 sutras that discuss the nature of the body, thought, consciousness, living, and breath. But it is the third section of these sutras, called the Siddhis, that proves to be the most difficult and mysterious. Author John

McAfee, founder of the Relational Yoga Mandiram in Colorado, has devoted much of his life to studying the Siddhis and using the sutras as a guide to self-discovery during silent retreats in the Rocky Mountains. He shares his insights in this book, *Beyond the Siddhis*.

Part of the mystery and intrigue of the Siddhis is their discussion of esoteric and seemingly unattainable powers such as invisibility, walking on water, and levitation. Many practices and concepts that are celebrated in the world of New Age thought today — telepathy, channeling, divination, projection etc. — were discussed by Patanjali in his writings. Author McAfee interprets these sutras and asserts that we can unlock the mystery of the Siddhis if we peel back the layers of our selves that obstruct our vision of the truth. With chapters on mystery, time, perception, death, consciousness and more, McAfee demonstrates that answering the eternal question of 'who am I?' is as simple as understanding the notions of attaining and becoming. Patanjali's sutras point to a truth that resides within us, and while words may provide a hint, we must become the truth if we hope to attain it.

— MM

"Yoga scholars, teachers, gurus, and practitioners have endlessly debated the meaning and intent of the Siddhis, and strong disagreement continues. But this much is certain: he was writing about a subject of ultimate importance, and he approaches it with grave seriousness. The fact that he dedicated 54 of the 195 sutras to the Siddhis suggests that it was not simply a fancy or a diversion. He had something specific in mind that had substantial importance for him, and therefore, we must assume, for the reader."

— John McAfee

The Essential Teachings of Ramana Maharshi

A Visual Journey

Edited by Matthew Greenblatt

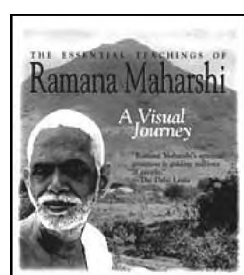
\$16.95. 125 pp. paper.

ISBN 187801918X. InnerDirections

Throughout the world, few spiritual teachers command as much respect and admiration as Sri Ramana Maharshi. The Dalai Lama, Carl Jung, Mahatma Gandhi, and many others have acknowledged the depth of Ramana's Realization and the direct method of Self-Inquiry that he taught. Among modern thinkers, Ken Wilber has called Ramana Maharshi "the greatest sage of the twentieth century."

The Essential Teachings of Ramana Maharshi contains concise, compelling aphorisms that reflect the essence of his teachings. These sayings, set against a background of exceptional photographs, help us experience the deep meditative silence which is our natural state.

This compilation of wisdom teachings is based in the truth of nonduality. It



reveals that regardless of the path we choose, we can realize the profound peace of our infinite nature by asking the fundamental question found at the heart of all spiritual teachings, "Who Am I?" As Douglas Harding writes in the foreword, this is "the only serious question."

For Harding, "it was marvelously refreshing to find that Maharshi never sent inquirers away with instructions to work for Liberation at some distant date. It is not, he insisted, a glittering prize to be awarded for future achievements of any sort; it is not for earning little by little, but for noticing now, just as one is. Other sages, of course, have stressed the availability of this, but here Maharshi is surely the clearest, the most uncompromising of them all." — DL

"Meditation is your true nature now. You call it meditation because other thoughts distract you. When these thoughts are dispelled, you remain in the state of meditation, free from thoughts. When the practice becomes firm, your real nature shows itself as true meditation. When meditation is well-established, it cannot be given up. It will go on automatically, even when you are engaged in work or play. It will persist in sleep, too. Meditation must become so deep-rooted that it will be natural to one."

— Sri Ramana Maharshi

Inner Reflections:

2003 Engagement Calendar

By Self-Realization Fellowship

\$12.95. 118 pp. spiral bound (7"x9").

ISBN 0876124465. Self-Realization Fellowship

"As you progress spiritually and draw closer to God, He reveals to you more and more wonders of creation." — September 8-14,

Paramahansa Yogananda

Each year, the Self-Realization Fellowship publishes a beautiful calendar containing exquisite full color photographs of the natural world accompanied by selections from the inspired writings of Paramahansa Yogananda, stimulating contemplation on the ways in which nature reflects the spiritual dimension of human life.



with past editions, 2003's weekly calendar grids can be removed at the end of the year, leaving intact a beautiful collection of photographs and quotes. Don't miss out on this extraordinary, celebratory, engagement calendar.

Paramahansa Yogananda is widely regarded as one of the preeminent spiritual figures of our time. He played a major role in the spread of eastern spiritual wisdom in America, and his work remains a vital presence. He died March 7, 1952 but his spirit and teachings live on in his books as well as in the lives of yogis and meditators who received his instruction and inspiration.

Some recently published books by Paramahansa Yogananda are: *Why God Permits Evil and How to Rise Above It* (\$6.50. paper. ISBN 0876124619) and *To Be Victorious in Life* (\$6.50. paper. ISBN 0876124562)

Other selected titles by Paramahansa Yogananda are: *Journey to Self-Realization: Collected Talks and Essays on Realizing God in Daily Life* (\$14.00. paper. ISBN 087612256X). *Autobiography of a Yogi* (\$14.50. paper. ISBN 0876120834, \$6.00. paper. ISBN 0876120796, & \$48.00. audio cassette set. ISBN 0876120850). *Inner Peace: Journal with Inspirational Thoughts from Paramahansa Yogananda* (\$10.00. 96 pp. cloth. ISBN 0876120117. Self-Realization Fellowship). This book offers the means for daily introspection and inspiration. It features two-page spreads, each with subtle guidance and quotes by Yogananda. *Inner Peace: How to Be Calmly Active and Actively Calm* (\$12.00. 117 pp. cloth. ISBN 0876120109. Self-Realization Fellowship). Compiled from Yogananda's talks and writings, it includes basic meditation instructions and other effective tools for counteracting life's pressures. For more information about Paramahansa Yogananda, see www.yogananda.srf.org.

Ecology

The Lost Language of Plants

The Ecological Importance of Plant Medicines to Life on Earth

By Stephen Harrod Buhner

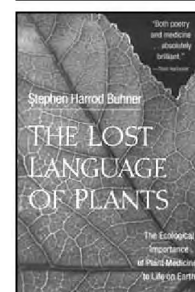
\$19.95. 323 pp. paper. ISBN 1890132888.

Chelsea Green Publishing

"It is easy to remember what a puppy looks like, perhaps even to imagine one on the other side of the room you are in now. He is smelling the floor, looking around, filled with the newness of life as puppies often are . . ."

"The puppy looks up and sees you ('that's a good boy,' you say) and his whole body begins to wag. 'It's you,' the puppy seems to be saying, 'it's you!' And in that moment something passes between you and the puppy. It is as if something leaves your body and enters the puppy; as if something leaves the puppy and enters you. And the most important thing then is to touch the puppy, to pet him, to hold him. And the puppy seems to want nothing more than these things as well — perhaps, in

EDITOR'S CHOICE



addition, to lick your hands or your face."

"This is an experience that nearly all people know, yet we have no word for it in our language. ('Love' is too broad in its possible meanings, too over-worked.) Once, people experienced this exchange with everything on Earth. The experience was understood,

expected, a natural part of human life — this deep interaction with the nonhuman world — this exchange of soul essence."

"But it is not common now. Once shared with all life-forms such an exchange now happens only in our immediate families (if we are lucky), with our pets — dogs and cats or other domestic animals we may meet from time to time — and, if we have a green thumb, with the gardens, lawns, or plants that we grow. In that sense, it is also a perverted experience. Domesticated animals and plants and landscapes are only a shadow of what plants and animals can be and are in the wild. What we share with them is only a shadow of what we can share, and historically have shared, with the wild." — Stephen Harrod Buhner

Award-winning author and teacher Stephen Harrod Buhner designed *The Lost Language of Plants* to be a book of feelings as well as thoughts, and like a novel it will take you on a journey where bad things happen along the way. But in this particular instance, he predicts a good ending.

His "devastating expose" explores the complex, intricately interconnected living organism called Earth, and like living organisms "it is designed to loop back on itself . . . and to contain something of the wildness of the world it explores," while also examining some of the ways of thinking developed over the past few centuries and the environmental damage sustained by the planet due to these thought processes.

Buhner offers us alternative ways of thinking, especially about plants, and their use as medicines. He delves into the meaning embedded within plant chemistry — the language of plants — lost to the Western world when "we began to think so insistently with the analytical portions of our brains and quit thinking with other, more holistic parts of ourselves."

Seamlessly woven into the threads of history and science are the human stories of plant "contact," where Buhner gives us true examples of humans (himself included) and plants connecting through dreams and visions, the five senses, and that much debated sixth sense.

Filled with poetry and quotes from such luminaries as James Hillman, Dale Pendell, Henry David Thoreau, E. M. Forster, Barry Lopez, Kahlil Gibran, Mary Oliver, Gina Kolata, Brooke Medicine Eagle, and so many more, *The Lost Language of Plants* may very well become a classic read ("a pharmaceutical Silent Spring") to the literary world as well as those involved in the fight to preserve our planet. — CHP

Enneagram

The Enneagram of Liberation

From Fixation to Freedom

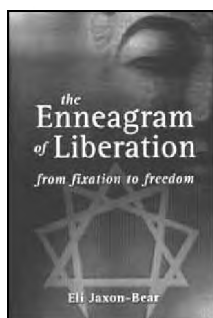
By Eli Jaxon-Bear

\$ 24.95. 274 pp. cloth.

ISBN 1893840182. Leela Foundation

"The great gift of the Enneagram is that it

ENNEAGRAM



describes who you are not."

Instead of explaining who you are, or why you are the way you are, Eli Jaxon-Bear begins his book by showing you how you have been falsely identifying yourself. Your thoughts, stories, emotions and

actions may define your ego, but your ego is not who you are. These things come and go, transforming over time, and sometimes disappearing. How can you be something that is ever changing?

Eli Jaxon-Bear is a student of Sri Poonjaji, a devotee of Ramana Maharishi. Brilliantly drawing on the teaching of self-inquiry, Jaxon-Bear's Enneagram method aims towards the realization that you are pure consciousness. He describes the Enneagram as a mirror that can be held

up to reflect how your consciousness falsely identifies itself, formulating the notion of *I* or *me* as who you are, separate from the external world. This book teaches how you can let go of this limiting definition of self, and begin to realize that you are something other than an ego. And with this surrender comes a great reward—relaxation, peace and the discovery of supreme bliss. — MM

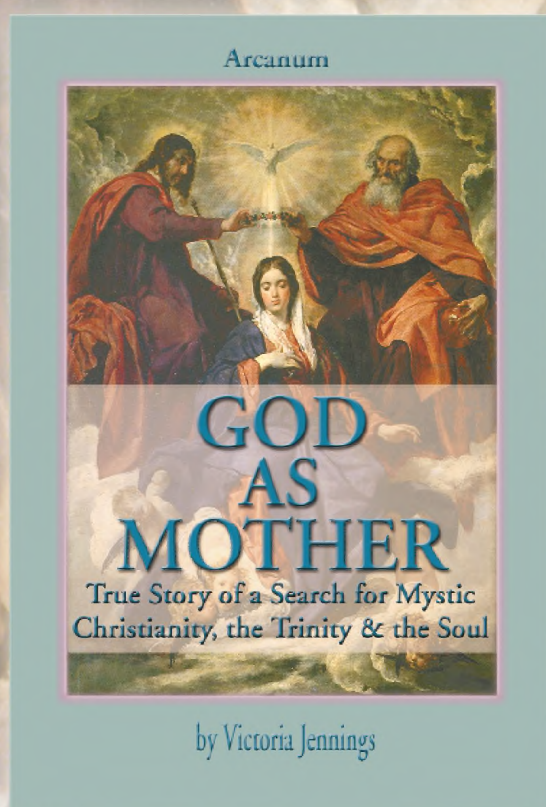
"Everyone wants to be happy. This is a universal component of the human condition and may seem so self-evident that it does not bear noting."

"How is it that the universal quest for happiness has led to the full spectrum of suffering on this planet? Even the most extreme expressions of wars, murder, rape and environmental devastation can all ultimately be traced back to the human desire for happiness."

"How can the desire for happiness manifest as ignorance, greed, and violence? The Enneagram offers an answer to this puzzle and points to the solution."

— Eli Jaxon-Bear

True Story of a Search for Mystic Christianity, the Trinity & the Soul



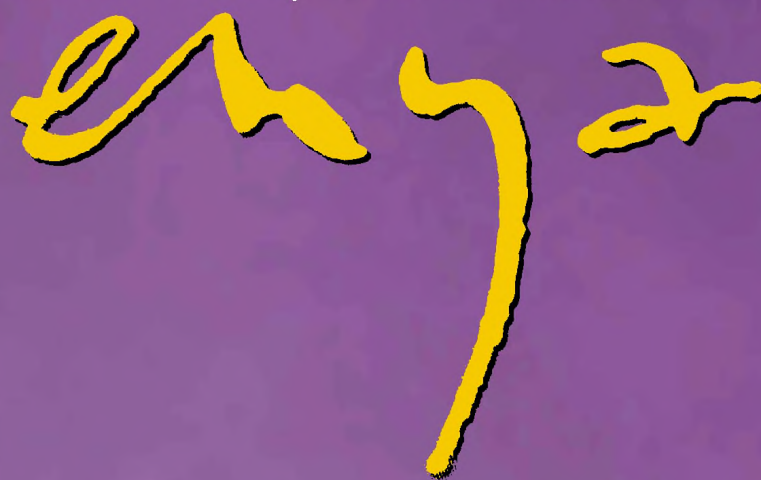
In 1938, Marie Hall (wife of author/mystic Manly P. Hall) discovers a rare book that contains a code describing a vault buried beneath a graveyard in Williamsburg, VA... Fifty years later, a visitor will rediscover the woman's life's work: giant diagrams, photographs of diggings, and tombstones with tracings of anagrammatic codes...stories of Freemasons, Sir Francis Bacon and the Secret Destiny of America, AND the unveiling of a mystical cosmogony, the Arcana Arcanum...the revelation of God as Mother. This extraordinarily controversial book weaves science, hermetics, alchemy and mythology into a cosmological adventure not to be missed.

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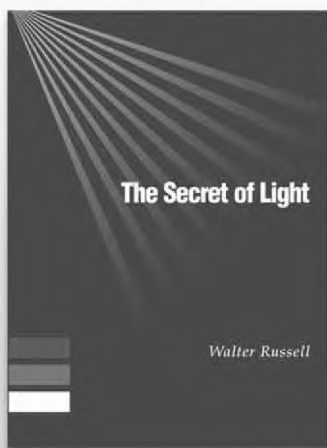
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FENG SHUI

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Exploring Feng Shui

*Ancient Secrets & Modern Insight
for Love, Joy, & Abundance*

By Shawne Mitchell
with Stephanie Gunning

\$13.99. 191 pp. paper.

ISBN 1564145697. New Page Books

In *Exploring Feng Shui*, Shawne Mitchell asks this important question: Is your life creating you, or are you creating your life? Whatever we give our attention to, there our energy flows. Feng Shui is about consciously creating our environment to support a positive and balanced flow of *chi*, the basic universal energy force that moves through and around us. If we create an outward intentional mirror, we can reflect back to ourselves a design that supports the life we want to live. Through the placement of the physical objects in our living and work spaces, we can bring our own energies into a state of harmony with the elemental forces of creation.

This introductory handbook communicates the essence of feng shui in plain language and contemporary images. It will help you shape invisible energies to nurture more loving relationships, manifest success and abundance, and bring you into a state of true happiness and well-being.

Exploring Feng Shui includes hundreds of practical suggestions, insightful stories, and life lessons. There are methods for mapping your environment, rituals for clearing stale and stagnant energy, and tips for creating more life-sustaining kitchen and dining room spaces or appropriately intimate and romantic bedroom arrangements.

You'll also learn simple remedies for common feng shui problems, ways to evaluate your home and garden, and when to call an expert (for radon gas and electromagnetic fields, for example, or even spirits and ghosts).

Through rearranging furniture, eliminating clutter, installing mirrors, and improving lighting, you can implement the basic principles of the ancient art of feng shui into your home and life. — DL

"Feng shui can be likened to a language that has its own special grammar and vocabulary. Once you grasp these rules and building blocks, you can begin to read and refashion the invisible energy where you live and work to manifest success and abundance, find and maintain loving and nurturing relationships, and enjoy true happiness and health."

— Shawne Mitchell

Ten Minute Feng Shui

Easy Tips for Every Room

By Skye Alexander

\$12.00. 248 pp. paper.

ISBN 193141288X. Fair Winds Pres

Written simply and geared toward Westerners, *Ten Minute Feng Shui* offers easy approaches to the ancient art of furniture placement. The book's first two chapters introduce feng shui basics, while the remainder of the book offers hundreds of "cures." Alexander keeps the philosophy "quick and easy."

Under the chapter headings of prosperity, love, good luck and health, the



author lists creative remedies that can be implemented in ten minutes or less. The final chapters are devoted to more time-consuming projects

that might require a day to complete. Whether you want to establish better communication with a romantic partner, get more attention at the office, or open yourself to more prosperous thoughts, Alexander has a simple solution. — LA

"Some Feng Shui cures are practical, such as positioning your furniture in comfortable seating arrangements. Others are symbolic, such as placing a circular area rug on your floor to promote harmony among family members. Many remedies, however, combine practical and symbolic aspects and therefore work on both levels."

"Eliminating clutter, which is one of the most powerful and common feng shui cures, is both practical and symbolic. From a practical standpoint, when your home or office is neat and orderly, you can work more efficiently and effectively. As a result, this cure helps you become more prosperous. Symbolically, getting rid of old things you no longer need opens up space for new riches to come into your life. The Universe, it's said, abhors a vacuum and will immediately begin to fill it."

— Skye Alexander

Gnosticism

Gnosticism

*New Light on the Ancient Tradition
of Inner Knowing*

By Stephan A. Hoeller

\$16.95. 257 pp. paper.

ISBN 0835608166. Quest

"There is today in many minds an affinity with Gnosticism and an empathy with the attitudes of the Gnostics that have not been present since the times when the great Gnostic masters expounded their insight in the second and third centuries after Christ . . ."

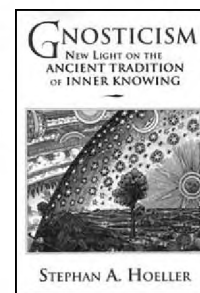
— Stephan A. Hoeller

During the last few decades, many of us in the West have turned to Eastern religions in our search for inner religious experience. But according to Stephan Hoeller, we have our own way of inner knowing: Gnosticism.

Over the years, Gnosticism has been viewed as either a form of heresy, or a mere antiquarian curiosity. But recently, through the work of C.G. Jung, Joseph Campbell, Mircea Eliade and Elaine Pagels, along with the discovery of the *Nag Hammadi Library*, many people have realized that Gnostic teachings provide answers to our most deeply felt religious needs.

According to Hoeller, this renewed interest in Gnosticism also reflects the failure of socioeconomic theories, such as Marxism, or the purely objective methods of science, to resolve our fundamental human dilemmas.

While Gnosticism views Christ as both a great teacher and a revealer of sacred mysteries, the contrasts between mainstream Judeo-Christian beliefs and the



GNOSTICISM

teachings of the Gnostics are quite striking, or even startling. Gnostics consider the God of the *Old Testament* to be the imperfect creator of a flawed world, in stark contrast to the ultimate, unconditionally loving God revealed by Christ. Gnosticism also teaches a feminine wisdom principle, represented by the goddess Sophia, and maintains that liberation from worldly limitations occurs through insight, rather than obedience to religious commandments. So for Gnostics, original sin is not the issue; the problem is our ignorance of the divine spark that exists at the very core of our being.

Hoeller's lucid book stresses that while the Gnostic experience transcends ordinary thought and language, Gnosticism has a clearly delineated understanding of both the cosmos, and humanity's role within it. Hoeller introduces the Gnostic masters and teachers, as well as the literature, history, and sacraments of the tradition. And above all, he emphasizes that

this tradition is still alive and relevant for contemporary seekers. —JC

"It was true two thousand years ago and is still true today that, to the large majority of humankind, Gnosticism is disturbing and at times even infuriating; it represents a challenge to what most have believed and practiced. Those who are determined to make more of this world than it is are horrified by Gnosticism and its sober recognition that secular salvation is not possible. The world cannot be lifted up by its own bootstraps, whether these are envisioned as political, economic, scientific, or ecological in nature. What the world needs is something outside of itself — a wisdom, an interior knowledge that transcends the boundaries of the planet and the cosmos . . . The light of the stars, so long blotting out by the daylight, reappears, and the dark shadows cast by the daylight recede. And amidst the stars, the mysterious midnight sun seen by the initiates of old makes its welcome appearance."

— Stephan A. Hoeller

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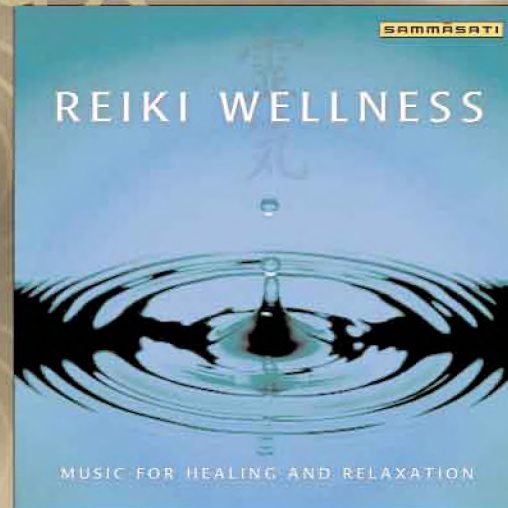
Reiki Wellness

Various Artists

This superb collection features healing sounds of award-winning artists Deuter, Kamal and Anugama. The music ranges gently through layered melodies, nature sounds, and textured vibrations. Ideal for massage, Reiki, relaxation.

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— Ghata Engels,
Reiki Master in the Usui tradition



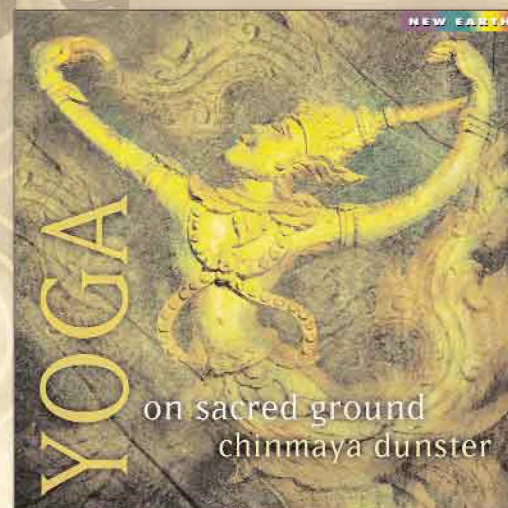
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The magic of Dunster's violin, guitar and flute ranges from relaxing to invigorating as it progresses through the chakras. Excellent not only for yoga practice, this is music anyone can enjoy.

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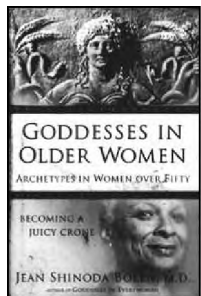
Becoming a Juicy Crone

By Jean Shinoda Bolen, M.D.

\$13.95. 227 pp. paper.

ISBN 0060929235. Harper Collins

In this long anticipated sequel to her seminal *Goddesses in Every Woman*, Jean Shinoda Bolen continues her archetypal exploration of feminine experience. Menopause and turning fifty can be a traumatic time in many women's lives, an uncelebrated entry into a time of social invisibility in a predominately patriarchal world. But now that older women are more educated, more politically powerful, more active and more prosperous, turning fifty need not be the end



of the line. Using goddess tales from myths and international folklore, Bolen (a Jungian) inspires women to find their true purpose at this meaningful stage of life. With family and occupational duties abating, women have more freedom to turn inward and draw on the wisdom of the goddesses to stimulate their own inner growth, knowledge, authenticity and spirituality. Rather than considering themselves to be "over the hill," Bolen encourages older women to experience their green ripeness, or the juiciness of their archetypal wise woman or crone nature. — LA

"On becoming fifty, most women I know are celebrating instead of denying their age. Turning fifty may have been an over-the-hill marker for their mothers, but it's a day to break out the champagne for them. Becoming fifty is inspiring reunions of girlfriends who have reached this passage year together. It's party time for some, and a time for rituals or retreats for others. Most women at fifty are also celebrating how young they still feel and look. Even so, there is a certain unease at

growing older. Women reaching fifty do not have many clues about who they might become, or know of the potential energies that menopause can bring, or understand that they are on the threshold of a phase of their lives in which they may become more themselves than at any other time before."

— Jean Shinoda Bolen

Twilight Goddess

Spiritual Feminism and Feminine Spirituality

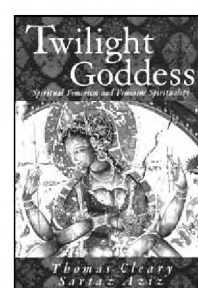
By Thomas Cleary and Sartaz Aziz

\$17.95. 275 pp. paper.

ISBN 1570628246. Shambhala

"Throughout history, all over the globe, religions of the Goddess, spiritual perceptions of the feminine, and the divine matrix of existence itself are found sometimes in the light, sometimes in the dark, now revealed, now concealed. It is not only because of social and political conditions that Goddess religion may reveal or conceal itself as the time requires; for there is spiritual time as well as terrestrial time."

"Revelation and concealment are not only terrestrial tactics but also spiritual needs, because the Goddess reflects both our brightest



hopes and our darkest fears, helping us to confront them both in their times with good grace and inner fortitude."

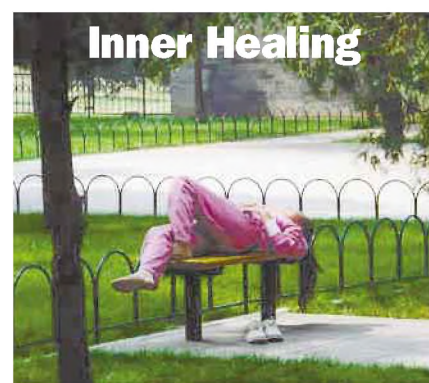
"Twilight Goddess is named for this mirror of human hopes and fears; for this is a book of meditations and musings on spiritual visions of the Goddess of light and darkness, the Goddess of life and death, and on the many expressions of feminine spirituality and spiritual feminism inspired by such visions over the ages."

"Historically, both in the East and the West, feminism has provided a more universal perspective on the human condition than have regional politics and the cultural biases they promote. Herein may be a clue to a possible role of spiritual feminism in the pursuit of world peace today. Just as spiritual feminism has linked outwardly different religious traditions in the past, so too it now reveals the common bonds that join all humanity with the planet we share."

— Thomas Cleary and Sartaz Aziz

Much that has been written about the Goddess recently shares a common thread: namely, that Goddess worship died with the pagan culture, snuffed out by patriarchal religions. *Twilight Goddess* takes a different tack.

Thomas Cleary, renowned translator of Asian classics, and Sartaz Aziz, who teaches women's, ethnic, and Asian-American literature at California State University, demonstrate that "the feminine face of the Divine never really disappeared from religion — even those perceived to be patriarchal. On the contrary, whether conceptualized as deity, saint, mythic figure, archetype, or abstract principle, the Divine Feminine has remained a subtle yet powerful presence in world religious traditions up to our own time." — CHP



The Body "Knows"

How to Tune In to Your Body

& Improve Your Health

By Caroline Myss

\$13.95. 311 pp. ISBN 1561708429.

Hay House

When you don't feel well and aren't sure why, do you follow your intuition? Do you listen to what your body is trying to tell you? *The Body "Knows"* is a guidebook to developing your medical intuition — tuning in to your body and taking more responsibility for the state of your health. Medical intuitive Caroline Myss tells us, "medical intuition is the ability to see beyond the normal levels of perception into the subtle levels below, pertaining to the physical body and its processes."

Many of us have this innate ability and only need to learn how to use it. The key is to learn to listen on the spiritual level —

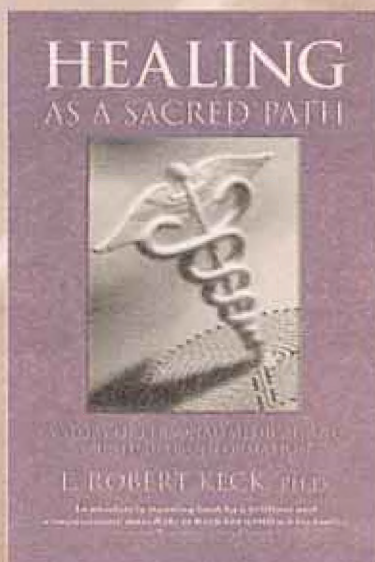
HEALING AS A SACRED PATH

A Story of Personal, Medical, and Spiritual Transformation

L. ROBERT KECK

TOLD BY AN ATHLETE, MINISTER,
AND MASTER STORYTELLER

This book grows out of a lifetime of personal struggle with the late effects of polio and a broken back. Told by medical authorities that he would spend the rest of his life in severe pain, on strong drugs, and confined to a wheelchair, Keck explored the frontiers, ventured out beyond the paradigm and practice of modern medicine, and orchestrated his own medically inexplicable healing. Today he is considered one of the nation's leading authorities on the role of spirituality in healing.



An absolutely stunning book by a brilliant and compassionate man. Robert Keck has written a treasure.

—Caroline Myss, Author of *Sacred Contracts*

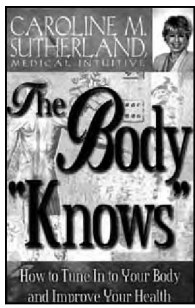
Bob Keck's genius resides in his heart as well as in his mind. He has been a shining star, a true guide, in helping us understand the sacred dimension of healing. When Bob shares his wisdom, you have the unmistakable feeling of joy that comes from sitting at the feet of a wise elder.

—Joan Borysenko, Ph.D., Author of *Minding the Body, Mending the Mind*

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to calm our mind through meditation and quiet receptivity, so that we may obtain a higher degree of physical body awareness. Like any skill we wish to develop, it takes time and practice.

The Body "Knows" shows you how to hone your instincts and demystify your body processes. It takes you through the complete terrain of the physical, emotional, and spiritual components of vibrant health — from menopause and weight issues to addictions and environmental factors, from body imbalances and serious illnesses, to teenage concerns and health of the elderly, and emotions and the immune system. You are provided the tools and support for increasing bodily awareness and improving your health and well-being.

To help you make better nutritional choices and wiser decisions about food, *The Body "Knows"* also includes a basic food plan, a guide to food families, and an extensive list of hidden food sources — the hidden places where offending foods may turn up in various food products. — DL

"The gift of intuition regarding the physical body isn't the sole domain of a few selected people — it's available to everyone. Any person can hone their skills in this area if they're willing to listen and tune in. After all, we use our intuition to choose clothes, buy cars, seek friends, and pursue hobbies and activities, so why not use it to discern imbalances in our bodies?" When we quiet the mind and just listen to the voice of wisdom within us, the task of tuning in to the body becomes easier and easier. Intuition, just like your gut hunches and feelings, will come to you in your own way.

— Caroline Sutherland

Entering the Ghost River

Meditations on the Theory and Practice of Healing

By Deena Metzger

\$23.95. 307 pp. paper.

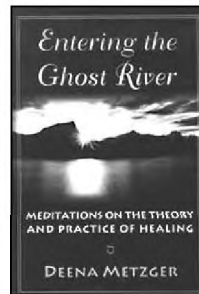
ISBN 0972071822. Hand to Hand

"September 11th called this book into being. Never before in our nation's history, not even after Pearl Harbor, has it been so

clear that the voices, nature and activity of healing, peacemaking, and council need to be called forth."

— Deena Metzger

Writer, teacher, poet, healer and activist Deena Metzger completed this seminal work after a long study of diverse indigenous and contemporary healing paths.



Integrating her extraordinary writing skills with her knowledge and experiences of mystical healing practices, Metzger uses her "medicine," which is "Story," to relate the stories of her life, from her beginnings as a spokesperson for free speech and the healing of cancer, to her treks to Africa to be initiated by Augustine Kandemwa, a medicine man from Zimbabwe. Augustine, who has carried on tribal healing traditions in an urban setting, has helped Metzger to develop and confirm her insights about the essential dance between indigenous mind and contemporary vision.

True to her political understanding that personal disease reflects societal ills, Metzger sees healing as a community activity that creates vigorous, life-giving cultures globally to seed and support better health. In this way, healing can be rescued from its isolation in the exclusive hands of "professionals" or experts, and returned to its origins in the hands of the individual, the community and the ancestors, where it is most viable.

Metzger's vision of healing transcends our cultural and political boundaries, and reveals how we can heal our most profound and serious wounds. With the wisdom in these stories, she says, we can stop the trajectory of violence, both personal and planetary. Then we can rediscover the sacredness of our existence, and share a peaceful and vital life with all of our fellow beings on this planet.

"Eshu Elegba in the Yoruba tradition; Tehuti, in the Egyptian and esoteric; Hekate and Athena in the Greek; archangel Michael; . . . These are some of the names that human beings have used for millennia to identify, praise and align with the divine activities that

bring the worlds into coherence. These are not entities, you understand, neither apparitions nor demons, but vibrant, intelligent, interactive cosmic principles which inhabit and create the universe. They are faces of God, aspects of the Divine that we can approach and somewhat understand, for we cannot approach or know the whole. They are vast and particular; both wave and particle, the annunciation of and the very activities that wind us into the story and call us forth. To create alliances with these deities, to become vessels they may inhabit like living temples, to become the means through which they enter the world, is to enter the domain of the sacred. We become the vessels for the living stories from which beauty and healing may yet emerge to save us." — Deena Metzger

Honest to God

A Change of Heart that Can Change the World

By Neale Donald Walsch

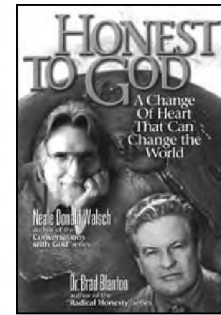
& Dr. Brad Blanton

\$20.00. 216 pp. cloth. ISBN 0970693818.

Sparrowhawk Publications

Can we become open and honest in

everything we do? Neale Donald Walsch and Brad Blanton believe that we can, and further, that these qualities would trans-



form personal issues and relationships, business and corporations, and governments and international relations in remarkable ways. Personal honesty can empower, heal and bring new focus on intimacy, these authors say, and it can lead to a

new, intelligent, peaceful society, while creating a radically new human history.

Brad Blanton has been a clinical psychologist for many years, and has given many "Radical Honesty" workshops and retreats to promote the concept of transparency and complete honesty in relationships. He coaches people to stay with others if they become hurt or offended until they feel their way through it and get

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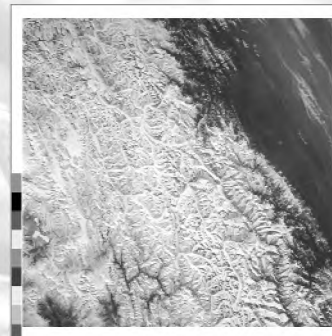


Screaming
Madonna
& Child II



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MUSIC OF THE HIMALAYAS

Rahul Sharma

India's santoor virtuoso offers an album of exquisite beauty, sampling the varied folk culture and traditional music of Kashmir. From the gradual unfolding of a raga to his soul-stirring rendition of an emotional folk melody, Rahul performs all with an inner calm and deep understanding of a rich heritage.



LONG WALK HOME

Peter Gabriel

For this soundtrack to Philip Noyce's acclaimed "Rabbit-Proof Fence," Peter Gabriel sought to evoke the natural sounds of the film's Australian outback setting. Aboriginal percussion and chant, indigenous bird song, and the accomplished didgeridoo of Ganga Giri entwine with Gabriel's signature scoring in this powerfully ambient, atmospheric work — evocative of his acclaimed PASSION soundtrack.



HIGHER GROUND

The Blind Boys of Alabama

American music's old lions — singing together since 1939 — are joined by "sacred steel" star **Robert Randolph** & his Family Band, the young lions of gospel's freshest movement. Add special guest **Ben Harper**, and covers of songs by Aretha Franklin, Curtis Mayfield, Stevie Wonder, George Clinton, Prince and more, and the result is sometimes traditional, sometimes contemporary, but always soulful & inspired.

over it. This is an exploration of judgments, feelings and forgiveness. Neale Donald Walsch has also talked about "transparency" and total "visibility" as a lifestyle in his "Conversations with God" series of books and public presentations.

Honest to God is based on several-hours of extemporaneous dialogue between the authors in front of television cameras. The material was transcribed and edited into the present book, which contains some conventional chapters with a single voice and others presenting the actual dialogue to convey the richness, spontaneity and creativity of the original event. Walsch and Blanton sometimes disagree, but they show how telling the truth to each other is a means of staying connected and moving forward.

Part one of the book is about how personal honesty can transform your mind. Part two explores the freedom you can experience when honesty manifests in self, family, and relationships. Part three is about social transformation through honesty, counteracting the perceived mental value of dissimulation. And in part four, Walsch and Blanton analyze how lying harms and honesty heals in the wider social realm, and what that means for the world today. Finally, in a postscript, they propose some concrete ways to move their agenda forward.

They write, "There is courage and survivability that human beings have. It's as though the life force is simply stronger, when all is said and done, than the forces of tragedy. Whether we're talking about personal psychological change or social psychological change, a manifestation of the human spirit recurs over and over again and demands to be acknowledged."

Social commentators (and many book reviewers) often view "spiritual community self help" as narcissistic meanderings of little social significance. But in **Honest to God**, Walsch and Blanton make a clarion call for radical social change and suggest action through their organizations and web sites. In other words, radical honesty embraces individual self-help and empowerment, but also has a practical agenda of revolutionary social and political significance. Incidentally, Brad Blanton has put his beliefs on the line through his willingness to be arrested while engaging in social protest.

"We humans can re-organize the world based on compassion for each other and the love of being, rather than defense, and in doing so not only improve the quality of individual lives, moment to moment, but make changes world wide that will transform the structures we have built that keep suffering in place."

— Brad Blanton
& Neale Donald Walsch

Journey™

A Road Map to the Soul

By Brandon Bays

\$24.00. 196 pp. cloth/paper.

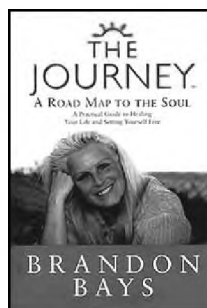
ISBN 0743443926. Pocket Books

\$12.00. 196 pp. paper.

ISBN 0743443934. Pocket Books

Also available: audio cassette of the book (abridged, \$15.00 ISBN 9990432104), an audio cassette set of the complete Journey™ (\$99.00 ISBN 9990432112), and a video presentation (\$27.00 video cassette. ISBN 9990432090)

Ten years ago, author Brandon Bays was diagnosed with a basketball-sized tumor in her uterus. Although she received medical advice to the contrary,



she was certain that she could heal herself if given the chance. Thus began a remarkable journey into the possibilities of the human spirit, and the healing abilities of mind and body. In just six weeks, there was no evidence of the tumor at all. She was given a clean bill of health. The tumor had vanished.

The Journey is a testament to Brandon Bay's pioneering self-healing techniques, and a detailing of the process that can allow anyone to wholly and finally heal themselves. This guide provides powerful tools for those who are suffering from physical or emotional blockage, illness or pain. Using techniques that guide the reader right to the emotional root of any long-standing problem, Brandon Bays then provides the tools to heal the issue once and for all. In addition to taking both the Emotional Journey and the Physical Journey, any follower of the Journeywork will reap a number of additional benefits: you can feel the true joy of being alive everyday, awaken dormant potential; and experience what it really means to be free. This book can show the way when you long for freedom from your emotional and physical blocks, but don't know how to begin. — MM

If you would like to know more about this work, please contact THE JOURNEY (Phone: 1-866-860-0900, e-mail: thejourney@compuserve.com, or on the web: www.brandonbays.com. We invite you to read the talk she gave at the Bodhi Tree, which is featured in this issue of our *Book Review* (page 6), as well as her wise and inspiring book.

"This is a book about freedom — freedom to live your life as you've always dreamed it could be." — Brandon Bays

Power Healing

The Four Keys to Energizing Your Body, Mind, and Spirit

By Dr. Zhi Gang Sha,

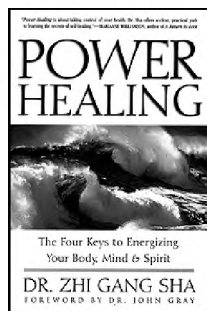
Foreword by Dr. John Gray

\$25.95. 256 pp. cloth.

ISBN 0062517791. HarperSanFrancisco

"It doesn't matter whether we get sick on a physical, emotional, or spiritual level. All sickness begins at the cellular level. Cells are constantly vibrating, contracting and expanding. In the process of contracting and expanding, matter transforms to energy and energy back to matter. When cells contract, it's as if the cells are breathing out. Matter is released and transforms to energy. Conversely, when cells expand, it's as though cells are breathing in. Energy is taken from outside the cells and transforms to matter inside the cells."

— Dr. Zhi Gang Sha



Dr. Zhi Gang Sha says that energy imbalances occur when our cells either contract or expand excessively. These imbalances can cause problems like inflammation, pain, and chronic fatigue, degenerative diseases such as Alzheimer's, and even cancer.

— Dr. Zhi Gang Sha

In this book, Dr. Sha shows you how to facilitate the energy flow in your body and restore the energy balance to your internal organs and energy centers. This state of balance stimulates cellular vibration, removes blockages, and creates healthy energy in the body — chi. Dr. Sha calls his technique, Power Healing. This method synthesizes Eastern and Western approaches to health, utilizing body power, sound power, mind power, and soul power to relieve chronic pain, reduce stress and anxiety, and heal illness. In addition, Power Healing can also improve the functioning of your immune system, increase your energy and stamina and improve the quality of your life. The book includes compelling case histories that illustrate how Power Healing can be both empowering and life-enhancing.

Dr. Zhi Gang Sha earned his medical degree in China. He is a master of many Eastern disciplines, including Qi Gong, Tai Chi, Kung Fu, and Feng Shui. He is also a well-known teacher, speaker, and healer. — ICS

The Ten Percent Solution

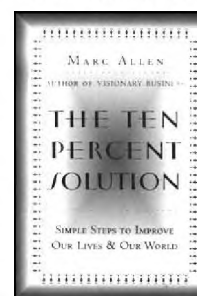
Simple Steps to Improve Our Lives & Our World

By Marc Allen

\$10.95. 126 pp. paper.

ISBN 1577312139. New World Library

Marc Allen's friend Bernie was wise and resourceful. After he died he somehow



kept appearing in Marc Allen's mind to discuss events and situations. This mysterious discussion took root in Allen's creative imagination and led to the creation of Allen's first book, **Visionary Business**, followed by a sequel called **A Visionary Life**. In the final chapter of the latter book, Bernie launched into his vision of how we could improve our lives and our world.

In this new book, **The Ten Percent Solution**, Allen (and Bernie) expand on that vision. We accompany Bernie and Allen on a delightful walk through the woods and countryside as they formulate and discuss principles of living, and then illuminate these principles with examples. The book revolves around three simple principles or solutions. The first is, "Save at least ten percent of your income until you have achieved financial independence." The second is, "Give at least ten percent of your income to worthy organizations and people who are working to help solve the world's problems in some way. And get involved with at least one program so you're giving your time and energy as well." The third and final solution is, "Learn to live and work in partnership with others."

Anyone could easily follow this program of simple solutions. Initially, we might miss their significance, but while meandering through the woods, Bernie and Marc explore all the nuances with an aside on the importance of walking! Like Marc Allen, we may feel at first that this is far from our reality, but in the end, as we move along with them, we can't help but become believers. Allen asserts that if we try any one solution, we will make a contribution. But if we do two or three, we become a real creative force for positive change!

So here is a wise and practical book with a powerful plan to help us achieve financial security, and make the world a better place, as well.

"Who is to say where our imaginations can and cannot lead? There is a mysterious process at work whereby imagination becomes reality." — Marc Allen

The Worst Is Over

What To Say When Every Moment Counts

By Judith Acosta, LCSW

& Judith Simon Prager, Ph.D.

\$13.95. 323 pp. paper.

ISBN 1588720241. Jodere Group

"This book is an outgrowth of our own personal experiences from work in hospitals with patients in heart surgery to standing with police officers and firefighters who ached with their own sense of powerlessness in the nightmarish depths of 'ground zero.' It is a product of years of surprise and wonder at the power of words and images to help our patients and clients not only feel better but get better."

"We are neither doctors nor first responders. The work they do is vital, lifesaving, irreplaceable. And yet we found ourselves discovering, more often than we'd ever expected, that there were other ways to bring about healing-ways that tapped into the body's own healing powers-that had been overlooked in all the procedures and prescriptions. And they began with words."

— Judith Acosta

& Judith Simon Prager

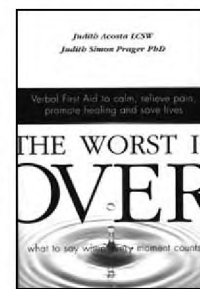
The right words spoken at the right time can quite literally save a life. This phenomenal and much needed book answers the question, "But what can I

say?," when the unthinkable and the horrible have happened. **The Worst Is Over** is filled with examples of how ordinary people were able to save a hopeless situation with words, along with charts and scripts that tell you what to

do and what to say in medical and emotional emergencies. Here you will find verbal first aid for dealing with chronic illness, depression, suicide attempts, panic attacks, trauma and death. Keep this wise, thoughtful and invaluable book on the shelf with your other first aid books. It will be there to help you if you should ever need it.

Judith K. Acosta, LCSW, CHT is a licensed psychotherapist, hypnotherapist, and crisis counselor. She trains health care professionals and first response teams in neuro-linguistic strategies to help promote healing. Trained in Critical Incident Stress Management, she works in cooperation with the New York City Police and was on site within hours of the September 11 attacks to help police officers and other rescue workers.

Judith Simon Prager, Ph.D., CHT is a practicing hypnotherapist and clinical homeopath. She is a consultant to Cedars-Sinai Medical Center in the Cardio-thoracic Surgery Unit, works with cancer support groups, and has trained firefighters, emergency medical personnel, nurses, and Cedars' pediatricians in language for pain and stress relief. After the September 11 tragedy, she trained the psychiatric nurses at New York University Hospital in the healing language of Verbal First Aid for their patients. — ICS



Kabbalah

Power of Kabbalah

This Book Contains the Secrets of the Universe and the Meaning of Our Lives

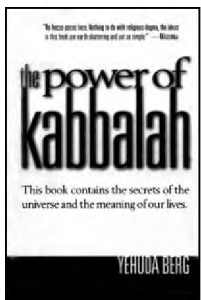
By Yehuda Berg

\$ 17.95. 253 pp. cloth.

ISBN 158872008X. Jodere

"Suppose there was a hidden wisdom that revealed and unified the spiritual and physical laws of life ... Suppose a small circle of eminent sages had long ago grasped this wisdom and recorded it in books that were concealed for two millennia ... Finally, suppose this hidden wisdom revealed all the secrets of the universe, all the answers to your questions, all the solutions to your problems ... This wisdom exists, although it's been kept under wraps throughout much of human history. The wisdom is called Kabbalah ..." — Yehuda Berg

Shrouded in secrecy for thousands of years, the mysteries of Kabbalah are finally available to the lay person. As the subtitle of *Power of Kabbalah* states, the secrets



of the universe are contained within its texts, which reveal the full meaning of our lives. Best of all, with his amusing and provocative style, Yehuda Berg is able to make this startling information accessible to everyone. Rabbi Berg teaches at Kabbalah Centres all over the world, and knows how to make esoteric information inspiring and enlightening to seekers from all faiths and beliefs.

Berg leads his readers step by step through the language, history and misconceptions of Kabbalah, creation, big bang theory, the nature of God, cause and effect, the game of life and spiritual transformation. Rabbi Berg's book is literally a user's guide to the universe, for those seeking answers to creative, financial, spiritual or emotional questions. This is a book designed for life in the real world. — MM

Magick

7 Days to a Magickal New You

By Fiona Horne

\$12.95. Cloth. 150 pp.

ISBN 0007123469. Thorsons

"Believe in yourself and your methods — even if others criticize you and your, perhaps newfound, awareness of Witchcraft. Criticism is usually anchored by fear of the unknown — so don't feel threatened and perhaps be prepared to educate your detractors a little! Pursue your dreams and enjoy your unique journey through the good times and the bad — a Witch embraces life in all its guises."

"Remember the world answers according to the questions you ask of it. Real magic is all around you when you look for it. Blessed Be." — Fiona Horne

Don't be deceived by the title — this book is not about make-up or diet. On the contrary, *7 Days to a Magickal New You* is



all about beautifying and empowering yourself from within, and Fiona Horne makes it easy, regardless of your prowess as a Witch.

The book opens with the general practicalities of the week as a whole — what the days have in common, supplies you will need — a "prep" talk, so to speak. Horne illustrates the *Pentagram Salute* to greet the day, explains an ancient yogic way of rinsing your face that stimulates a "diving response" and mimics the time you were floating in your mother's watery womb, gives you a recipe for a *Purifying Elixir* in which to douse yourself after bathing, and a *Chakra Meditation* to be done every morning to focus and center you for the day.

Then begins the day-by-day journey to magical transformation. Monday, ruled by the Moon, is the day to connect with your deepest sense of self and tap into your psychic powers. Tuesday, coupled with Mars, is the day you will awaken your passion and courage to excel. Wednesday is aligned with the planet Mercury and encourages you to gather knowledge and develop your powers of wisdom. Thursday is ruled by lucky Jupiter and is the day for good fortune and prosperity. Friday's planetary partner is Venus, so devote yourself to love — for yourself as well as others. Saturday dances with the planet Saturn, exorcising and purging your darkest feelings. When Sunday arrives in tandem with the Sun, it's time to commune with nature and the four elements.

And if you are daunted by a complete overhaul, or don't have the time to devote an entire week to your makeover, there is

the *Mini Makeover*. "The best way to uncover your hidden powers," Fiona advises, "is to start doing little things every day."

Before long, you'll be the best *witchy woman* you can be! — CHP

Other books by Fiona Horne are: *Witch: A Magical Journey* (\$22.00 cloth ISBN 007103999) published in December 2000 and the just published (June 2002), *Magical Sex* (\$14.95 cloth ISBN 0007141335).

The Teen Spell Book

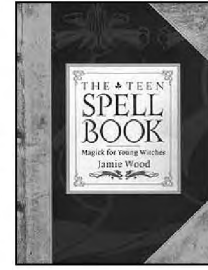
Magick for Young Witches

By Jamie Wood

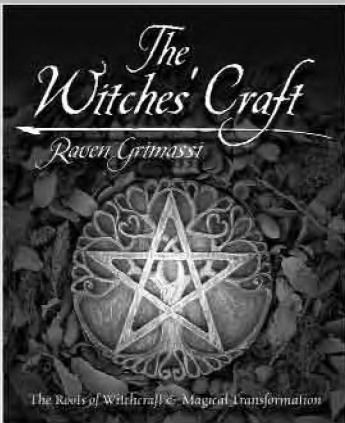
\$12.95. 292 pp. paper. ISBN 1587611155. Celestial Arts

As a teenager, it is difficult to find out who you are. Are you what your friends say? Or your parents? And once you understand yourself, can you be true to yourself, without conforming to what others want you to be? Is there a part of you that cries out to be understood? Is there a teenager inside you that has been ignored for all these years? Is it time to set your Self free?

The Teen Spell Book contains a wealth of information for the magically curious, both beginner and experienced alike — everything you need to know to explore the possibilities of yourself. Jamie Wood has compiled knowledge from a variety of traditions, showing you how to incorporate the magic of Wicca into your every-



Sit and read a spell.



The Witches' Craft

Containing many aspects of Witchcraft never before seen in print, these pages will take you through the labyrinth of Witchcraft's history and deliver up the secrets of the Witches' craft. Learn the ways and techniques that provide a solid foundation for further study. 312 pp. • 7½" x 9½" illus., bibliog, index
0-7387-0265-X • \$16.95 U.S.



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SpellCraft for Teens

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0-7387-0255-2 • \$14.95 U.S.



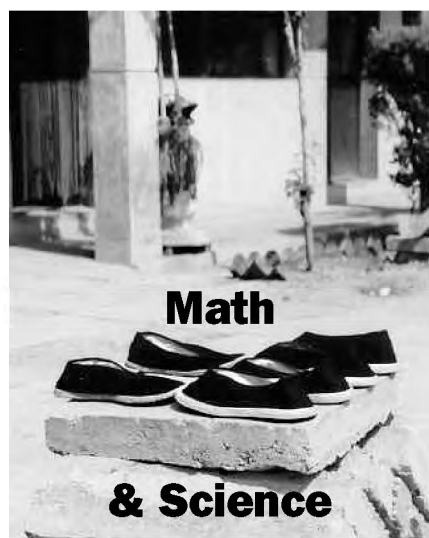
Spellworking for Covens

This is the first book to discuss working magic in a group. Addresses raising and sending energy as a group, the power of the group mind, and traditional ritual structure. Provides a grimoire of actual spells that can be worked within the group setting. 264 pp. • 7½" x 9½" appendices • bibliog. • index
0-7387-0261-7 • \$14.95 U.S.

day life, at work, at home, and at school. There is information on Goddess lore, spell casting, intuition, the history of Wicca, and the use of tools for spells, divination and self-healing. Plus, there are over seventy practical spells in the book dealing with all your concerns from friendship, family life, emotional health and self-knowledge to the all-important subject of love. To insure that your spells are as successful as possible, Jamie Wood has also included a treasury of tips and shortcuts, the best times to perform your spells, and the best gods/goddesses to aid you. By opening yourself to becoming a channel for the Goddess, you realize your innate power to manifest your wishes, and to be the person you truly are. — MM

"It can be difficult to be a lone light in the world in which most others find it easier to shroud themselves in darkness; but do not give up. So many of us light bearers are coming out of the darkness. You are not alone."

— Jamie Wood



Buckminster Fuller

Anthology for a New Millennium

Edited by Thomas T. K. Zung

\$18.95. 388 pp. paper.

ISBN 0312288905. St. Martin's Griffin

R. Buckminster Fuller was well known as an inventor, thinker, and architect during the twentieth century. Often compared to Leonardo da Vinci and called the "planet's friendly genius," he was the inventor of the geodesic dome, the originator of the term "spaceship Earth," and an educator without parallel. Yet today, most of his books are out-of-print.

To remedy this unfortunate situation, Fuller's long-time friend and architectural partner, Thomas Zung, has compiled a Bucky Fuller reader. This anthology consists of chapters selected from twenty of Fuller's many books, each with a new introduction by such notables as Arthur C. Clarke, Steve Forbes, Calvin Tomkins, Dr. Martin Meyerson, Sir Harold W. Kroto, Valerie Harper, Arthur L. Loed, E. J. Applewhite, and others.

Altogether, this book provides an overview of a remarkable intellectual career and the best possible introduction to the man and his thought. R. Buckminster Fuller was one of the most original thinkers and builders that

America has ever produced, and this book makes his work available to a new generation at the beginning of a new millennium. — DL

The Complete Idiot's Guide to Understanding Einstein

By Gary F. Moring

\$16.95. 376 pp. paper.

ISBN 0028631803. Alpha

"Albert Einstein changed the face of physics. His revolutionary ideas would forever alter the way science viewed the universe. He presented ideas that would unify different areas of physics, making connections between concepts that had never been understood before. The insights that were expressed in his theories revealed a much deeper order to the universe than had previously been known."

— Gary F. Moring

It started with the Greeks, who wondered about the nature of things; then Copernicus, Galileo, and Newton wondered too. It led to notions of energy, light, motion and magnetism, the scientific method, quantum mechanics, the unified field theory and the fourth dimension. And we're still asking questions today. But through the history of physics, the discoveries made by Einstein had the most revolutionary impact, along with his unifying philosophy of life and his deep compassion for humanity.

Gary Moring outlines all of Einstein's special qualities in *The Complete Idiot's Guide to Understanding Einstein*, and as impossible as it may seem, makes it all funny, fascinating and easy to read for the non-science minded seeker. Moring also tells us about the life of Einstein, his outspoken nature, his pacifism, his flight from Germany, his humanitarian efforts, and his belief that the heart was equal to the mind. If you've ever wanted to know more about the universe, its guiding principles, time and space or the genius of Einstein, you're lucky . . . because this is the perfect book for you. Read on. — MM

I Have Landed

The End of a Beginning in Natural History

By Stephen Jay Gould

\$25.95. 418 pp. cloth. ISBN 0609601431.

Harmony Books

"However, I confess that in my mature years I have embraced the Dorothean dictum: yea, though I might roam through the pleasures of eternity and the palaces of infinity (not to mention the valley of the shadow of death), when a body craves contact with the brass tacks of a potentially comprehensible reality, I guess there's no place like home. And within the smaller, but still tolerably ample, compass of our planetary home, I would nominate as most worthy of pure awe — a metaphorical miracle, if you will — an aspect of life that most people have never considered, but that strikes me as equal in majesty to our most spiritual projections of infinity and eternity, while falling entirely within the domain of our conceptual understanding and empirical grasp: the continuity of 'et chayim,' the tree of earthly life, for at least 3.5 billion years, without a single microsecond of disruption."

— Stephen Jay Gould

From January 1974 to January 2001, scientist Stephen Jay Gould wrote a

EDITOR'S CHOICE



monthly essay for *Natural History* magazine. The series of essays, three hundred in all, was called "This View of Life," and *I Have Landed* is a collection of the final thirty essays of the series.

Gould, who calls himself a naturalist by profession, and a humanist at heart,

writes about the themes that have defined his career, with a daunting breath of knowledge. Here, you will find little-known facts about the life of Charles Darwin, as well as a refreshing overview of the theory of evolution, along with compelling short studies on Sigmund Freud, Isabelle Duncan and E. Ray Lankester. And in the essay, "The Great Physiologist of Heidelberg," Gould introduces you to the admirable Friedrich Tiedemann (1781-1861), whom history has forgotten.

Gould encourages readers to journey with him as he delves into many complex subjects. For instance, he asks us to reconsider the scientific theories of the sixteenth and seventeenth centuries and to recognize the limitations that our historical context may impose on our approach to those ideas. Gould also writes brilliantly about Nabokov's delicately crafted drawings of butterflies and the true meaning of biological diversity. And in the poignant title essay, he details his grandfather's journey from Hungary to America, where he arrived on September 11, 1901. It is from his grandfather's journal entry of that day, stating simply, "I have landed," that the book's title was drawn. This landing occurred 100 years to the day before our greatest recent tragedy, which Gould explores (without abandoning his optimism) in the concluding section of the book. Stephen Jay Gould writes gracefully and cogently about the whys and hows of humankind's existence. All in all, this book is a wonderfully convincing argument for the survival of humanity. — ICS

"In my philosophical moments — and not only as an excuse for personal failure, for I see no sign that others have succeeded — I rather suspect that the evolved powers of the human mind may not include the wherewithal for posing such questions in answerable ways (not that we ever would, should, or could halt our inquiries into these ultimates)."

— Stephen Jay Gould

Megaliths

Crop Circles Revealed

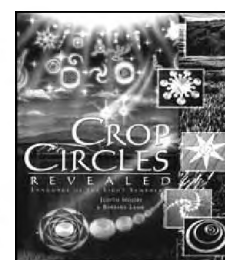
Language of the Light Symbols

By Judith Moore and Barbara Lamb

\$25.00. 266 pp. paper.

ISBN 1891824325. Light Technology

"A crop circle is a design or pattern laid gently down in a growing crop, leaving the surrounding crop, the standing crop, growing normally. Each stalk of the crop in a crop formation is gently bent over near ground level. There is no crushing, squashing, bruising, cutting, breaking, burning or damaging of the crops in any way. In fact, the plants remain in perfect condition, and they continue to grow parallel to the ground, coming to full maturity and ripening. The contrast between the laid-down stalks against the surrounding standing stalks is what makes the crop circle



noticeable, drawing the attention of people passing by or flying overhead . . .

"... Dowzers and sensitive individuals repeatedly detect that crop circles are placed over ley lines, which are active

lines of energy that run along the Earth near the surface of the ground. They are similar in function, it is thought, to the acupuncture meridians running in lines through the human body. Just as the acupuncture points in the body are known to be locations where the energy flows can be regulated and reversed and the body treated for cures, the points where ley lines cross — which contain temples, churches, and sacred places — attract rituals and ceremonies that help regulate and heal the energy flows in the Earth."

— Barbara Lamb

Crop Circles Revealed is the collaborative effort of Barbara Lamb, one of the leading crop circle researchers and educators in the United States, and Judith Moore, a conscious-merge channel for Laiolin (keeper of the records of Ra) and an established telepath.

This well-written and richly documented book will help you unravel the intriguing mysteries that crop circles present. It also explores the technology behind these dynamic creations, and the links between crop circles, the Holy Grail, and the esoteric bloodline of Christ — the House of David.

You will meet the people who follow and study these beautiful enigmas and read first-hand accounts from witnesses who have actually seen them being created. In addition, there is a special meditation section, including a crystalline orb meditation, which offers tools to activate the hidden alchemical formulas that the crop circles contain.

Filled from cover to cover with startlingly beautiful color and black and white photographs, *Crop Circles Revealed* will keep you turning page after page. The authors also encourage you to visit the crop circles to experience these wonders of the world for yourself. — CHP

"The purpose of this transmission is to bring information to the public about the highly mystical and technical aspects of the interpretation of these geometric images . . . The crop circles are fractal formulas of light and sound frequencies encoded into the third dimension as tools for ascension. They are created by the means of light and sound technology interacting with the collective mind. Starships and the Galactic Federation carefully monitor the project . . . These crop circles are present, in part, to activate the cosmic and soul DNA as well as the physical DNA and expand the brain's neurosynapses. This happens when they are viewed through the iris and connected to the brain."

— Laiolin speaks through Judith Moore

Movement & Exercise

Pilates for Beginners

A Hands-Free, Eye-Level, Step-By-Step Guide

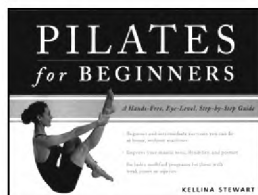
By Kellina Stewart

\$21.95. 95 pp. paper.

ISBN 006039403X. HarperResource

Kellina Stewart has designed a clear, simple and user-friendly Pilates guide. The book is spiral bound with a folding

EDITOR'S CHOICE



base, so you can stand it up next to you while you work through the Pilates basic and main program mat exercises. There are large color photographs of each step, accompanied by detailed explanations of both the "how to" of the exercises and the goal. As a result, you don't need any previous experience of Pilates to follow Kellina's program, which is suitable for all levels. The book also includes an optional standing program using hand weights along with practical health advice and modified programs for those with weak joints or injuries. Pilates works because it uses the mind as well as the body. If you want to have the grace of a dancer and the strength of a welter weight boxer, but not the bulk, Pilates is the exercise program you've been looking for. Since this workout improves flexibility, body shape, and posture, while reducing stress, *Pilates For Beginners* makes Pilates available and inviting, and you don't even have to leave the house. Give it a try. — ICS



Dreaming in Realtime

The Shanti Shanti Story

By Linda Forman

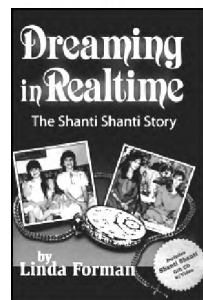
\$24.95. 327 pp. paperback with compact disc. ISBN 0972000909. Blue Halo Publishing

"The miracle of Sanskrit seems to reside in its ability to release, within the individual, a personalized, unique experience of god."

— Linda Forman

In this book, Linda Forman narrates the captivating story of her family's spiritual and musical saga. It is shaped by an intense and insistent spiritual presence guiding every aspect of their existence. Ultimately, their experiences and realizations are expressed in their musical group, Shanti Shanti, lead by the singing of daughters Andrea and Sara Forman.

Linda Forman's husband is a musician and she practices yoga, meditation and Arurveda. Their mystical adven-



ture begins when a spiritual entity comes to her during a meditation and encourages them to have a child. Their first born, Andrea, demonstrates an unusual affinity with Sanskrit, an ancient, sacred language that no one else in the family can speak. At first, Linda and her husband dismiss their daughter's ability as an anomaly. But their astonishment grows when they discover that their second daughter, Sara, also displays a remarkable connection to the dead language. Soon the young girls are chanting together in sophisticated Sanskrit, and the Forman's life becomes even more mystifying. Finally, when they see how people react to the girl's chanting in amazement and reverence, they form the musical group Shanti Shanti. The response from audiences is both immediate and intense.

Bringing together East and West, the music of Shanti Shanti layers Sanskrit chanting over a fusion of ancient and modern music. Andrea and Sara Forman's work is an exploration of the meaning and effects of the Sanskrit language and the unfolding of God through sound. Their music reveals the transcendental qualities of Sanskrit chanting and the transformational experiences it releases in those who hear it.

Included with the book is a CD containing four song selections and a software link to all the latest information from the Shanti Shanti website, www.shantishanti.com.

Essential Musical Intelligence

Using Music as Your Path to Healing, Creativity, and Radiant Wholeness

By Louise Montello

\$18.95. 285 pp. paper. ISBN 083560814X. Quest Books

"In most spiritual traditions throughout history, music has been used as a way to awaken and purify the heart."

— Louise Montello

From television to the car radio to the Internet, our lives are filled with music. But beyond listening for enjoyment, we can purposefully use music to heal body, mind, and spirit. Through clinical practice and research, Dr. Louise Montello has discovered what she calls Essential Musical Intelligence (EMI), our innate ability to use sound to bypass the conscious mind and move directly into deeper levels of being where true healing can occur.

Drawing on a variety of spiritual traditions, she guides us on a systematic musical journey of clinically proven exercises to balance and harmonize all five levels of

being — the body, the breath/energy, the mind, the imagination/intellect, and the realm of bliss — leading to deep and lasting change. *Essential Musical Intelligence* is full of case histories and personal stories about the remarkable results of integrating EMI into one's life. To help us do the same, Dr. Montello refers to many genres of music, from classical to drumming, and offers simple practices for using EMI to facilitate work, increase vitality, and overcome grief and pain. EMI is a powerful system of self-healing that is deeply intuitive and spiritually arousing. It encourages us to find and sing the song of the soul as we reach higher lev-



els of health, creativity, and well-being.

Also included here are playlists for music according to energy/breath, and suggestions for making your own inspirational music imagery tapes or CDs. — CD

"Music not only awakens the life of the soul within you, it actually is the vibrational essence of your soul and of all life. Thus when you are deeply engaged in playing or listening to music, you naturally detach from the limitations of your rational, linguistic mind and enter into a more creative, symbolic, expanded state of awareness where you become one with the vibration of your soul — the unlimited, all-knowing, infinite core of your being."

— Louise Montello

The Instrumentals

By Lorenza Ponce

\$16.98. CD. ISBN 2116300032.

Melodia Records

Whenever Lorenza Ponce begins to play, listeners inevitably stop what they are doing, entranced, by her electrifying performance. This exotic young woman (who has an Irish mother and a Mexican



father) creates images in sound that enfold you in her musical embrace as she sings, plays her violin, or at times, sings with her own accompaniment. *The Instrumentals* primarily gathers instrumentals from her debut album *Imago*, along with *Mystic Fiddler*, with the addition of two new compositions, "Prelude No. 4," a theme by F. Chopin adapted by Ponce and G. Fusco, and "Daydream."

Although Ponce is still young, she has already traveled the world with her music and appeared with such artists as Kitaro, John Tesh, Sheryl Crow and Sarah McLachlan. She is a consummate musician equally at home with violin or voice, and her virtuosity extends to both her compositions and lyrics.

On this collection, Ponce plays electric and acoustic violins, viola, and mandolin, along with additional keyboard and percussion instruments. Other musicians play keyboards, electric sitar, 6 & 12 string guitar, drums, bass, and cello. There is a touch of raga and gypsy violin throughout Ponce's global soundscapes, with their pulsing world beats and exotic instrumentation. Each piece evokes a deeply felt mystical story, with rambunctious and playful asides. Ponce's lush violin combined with seductive musical arrangements calls you to immerse yourself in her fascinating sound world, over and over again.

A new release (October 2002) by Lorenza Ponce with pianist Ben Zebelman is *Song of Songs* (\$13.98. CD ISBN 1879560412). It sets the verse (derived from the Bible's Old Testament) to gentle music. The passionate love poem is believed to be a secular ode to sensuality between two young lovers. Alongside the interplay of the piano and violin, narrators Laurie Brown and Andrew Marston speak the lyrical passages with serene elegance.

Perfect Alignment

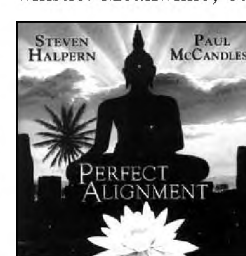
By Steven Halpern & Paul McCandless

\$16.98. CD. ISBN 9379179992.

Halpern Inner Peace Music

This is an inspired collaboration between two world-class artists that reflects an almost telepathic level of musi-

cal communication. Composer and multi-instrumentalist Paul McCandless is ranked among the world's premier oboe and English horn players, and here he also plays soprano Sax and Irish penny whistle. Meanwhile, Steven Halpern provides evocative arrangements and transcendent artistry on grand piano, electric piano, and a host of synthesizers. Together, they form atmospheric musical textures, often with the elegant and sonorous voice of the oboe floating over soothing piano riffs. In this delicate duet, their musical inspiration is drawn from aspects of new age, smooth jazz, neo-soul, R & B, and world music, along with traditional healing rhythms from Ghana and ancient Persia.



Steven Halpern and Paul McCandless have conjured up an album of beautiful, haunting and magical music, and we recommend it to all who are interested in pure listening pleasure.

Portals of Grace

By Azam Ali

\$15.98. CD. ISBN 7243811390. Narada

Vocalist and instrumentalist Azam Ali continues to mesmerize us with the distinct Middle Eastern flavor of her music. Every inflection in her crystalline voice expresses deep emotion and spiritual feeling; each song evokes a religious reverence in the listener.

This debut solo album from the Iranian born, Indian educated chanteuse (she's half the duo Vas) features an eclectic assemblage of songs in French, Latin, Arabic, Judeo-Spanish and Galician, as well as instrumentals from Brittany and Sweden.



Blending her life-long love of Eastern music with her growing passion for the music of medieval Europe (12th century abbess Hildegard van Bingen was a major influence in her work), Ali's intricate interpretations feature period instrumentation including the vielle and the hurdy gurdy, as well as Indian instruments such as the oud and the dudu. Percussion accompaniment comes from Ali's partner in the Vas duo, Greg Ellis.

We highly recommend all the evocative works from Vas: *In the Garden of Soul*, *Offerings* and their breathe-taking debut album, *Sunyata*. Also, don't miss Greg Ellis's own stunning debut album, *Kala Rupa: Explorations in Rhythm*.

Raga Mala

Autobiography of Ravi Shankar

By Ravi Shankar

\$20.00. 336 pp. paper.

ISBN 1566492173. Welcome Rain

"He doesn't make a big fuss. Give him some music and that will do," says George Harrison in the introduction to this autobiography of musical legend Ravi Shankar. From his birth in India, and childhood in Paris to his seven years of classical sitar training, his trips to America, his friendships and beyond, Ravi Shankar narrates his life story with surprising candor.



Shankar, we discover, is not just a dedicated musician, but also a wonderful human being, three-dimensional and wholly unpretentious. His life also serves as a reflection of India itself, as it was before independence and as it is becoming today.

Raga Mala was born of the idea to pay tribute to Ravi Shankar on his 75th birthday in 1994, and a better version would be hard to imagine. Beautifully designed and assembled, the book contains hundreds of pictures of Ravi's life and travels. All in all, this is a fitting tribute to a master musician and remarkable man. — MM

"And what is the truth, anyway? It is like beauty — in the eye of the beholder. The great Akira Kurosawa has shown this so wonderfully in his film Rashomon. Perspective plays a crucial role: I have tried to be as truthful as possible in stating the past and the present in relation to everyone and everything mentioned, including myself, but what I have told you here is the story of my life as I see it now."

— Ravi Shankar

Rudraksha

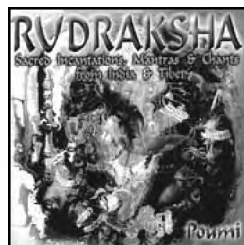
Sacred Incantations, Mantras & Chants from India & Tibet

By Poumi

\$16.98. CD. ISBN 3888480884.

Aquarius International Music

Rudraksha is the Sanskrit word for the "tears of Rudra." According to Hindi leg-



end, from the deity's tears sprouted the Rudraksha tree, whose seed is believed to be of great power. This album from Poumi features traditional Indian and Tibetan mantas chanted along with the sounds of the oud, tabla, djembe, and other Asian instruments, as well as the contemporary sounds of keyboard samples and synthesizers.

Poumi, who is described as having a singing body and a dancing voice, has studied Indian sitar and singing, worked as a choreographer, and immersed herself in oriental spiritual philosophy and practice. Because of her sensitivity and deep understanding of the Sanskrit mantras, her singing has a great transformative power and depth. The album offers nine sublime tracks. Not to be missed is her opening chant on the album, the traditional "Om Namah Shivaya." Deeply resonant, it is sung as both a call to the divine energies and as a celebration of the powers of transformation.

Spirit Rising

By Sonic Tribe (Dean Evenson, Scott Huckabay, Gina Salá)

\$15.98. CD. ISBN 9650771912.

Soundings of the Planet

A multi-cultural tapestry of groove, *Spirit Rising* features warm rhythms and a spicy array of exotic sonorities that blends together the soaring flute of Dean Even-



son, the shamanic guitar work of Scott Huckabay, the pulsating percussion of Greg Callahan and the crystal toned vocals of Gina Salá, a lead singer for Cirque du Soleil who sings in sixteen languages. Meanwhile, special guest artist Beth Quist, who has a four-octave range, adds her brilliant harmonies that often reach unimaginable vocal heights. The lush, provocative music combines influences drawn from many cultures with chants from the world's diverse spiritual paths to invoke an atmosphere of high-energy spirituality.

During one of the recording sessions in the Soundings studio, a new and special song suddenly came into being. Scott laid down a guitar groove as Gina spontaneously poured forth the melody and lyrics in poetic streams of emotion and passion. "Out of the Ashes" is an anthem for our times, reflecting the musicians' feelings about the resiliency of the human spirit, and the life force that never dies.

Sonic Tribe has evolved into a high energy performing group that brings audiences to their feet and carries them away in spiritual fervor. *Spirit Rising* continues the trend — the disc flows from its dreamy beginning to its dynamic middle tracks, followed by songs for unwinding and the prayerful closing song. Its unique cultural blendings and upbeat rhythms also create an exciting background for

aerobic exercise, energetic yoga, and rhythmic dance.

The debut album of Sonic Tribe is *Sonic Tribe*. Popular with yoga classes and practice, it has been sequenced to flow in support of yogic postures and exercises.



Loving What Is

Four Questions That Can Change Your Life

By Byron Katie

\$24.00. 258 pp. cloth.

ISBN 0609608746. Harmony

"The Work is merely four questions; it's not even a thing. It has no motive, no strings. It's nothing without your answers. These four questions will join any program you've got and enhance it. Any religion you have — they'll enhance it. If you have no religion, they

living enlightenment

by andrew cohen

"If you want enlightenment, if you want to wake up, if you are capable of standing in the very middle of a raging fire that will melt your Heart and open it to eternity, then you have come to the right place . . ."

from the Foreword by **Ken Wilber**
author of *A Brief History of Everything*

"Living Enlightenment illuminates the prime purpose of consciousness at this stage of human development. Andrew Cohen has brought conscious evolution into the great tradition of spirituality. A profound work."

Barbara Marx Hubbard

President, Foundation for Conscious Evolution,
author of *Emergence*

"If you want to become intimate with the Unknown, with That which was ever known to you, this book will help you start your journey."

Deepak Chopra, M.D.
author of *How to Know God*

living enlightenment

a call for evolution beyond ego

andrew cohen

ISBN 1-883929-30-X \$14.95



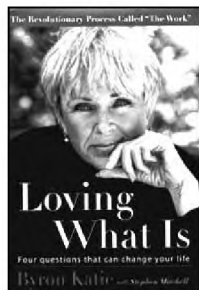
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\$20.00 • ISBN: 0-9709498-1-2 • 256 Pages • Paperback
MEET LYNNE PALMER • JANUARY 24, 2003 • BODHI TREE ANNEX



will bring you joy. And they'll burn up anything that isn't true for you. They'll burn through to the reality that has always been waiting."

— Byron Katie

Loving What Is is about a remarkable system called *The*

Work that will revolutionize the way you think. Hundreds of thousands of people have benefited from Byron Katie's four simple questions. *The Work* can be used on any problem or issue, whether it's something that irritates or depresses you, such as a neighbor's behavior, an injustice, an or illness, or even something that causes you unspeakable pain, self-hatred, fear, or death. The solutions that present themselves through *The Work* are simple, easy to apply, and literally life-changing. And the best part is that *you* are the one responsible for these revelations, because *you* are the person in control of your thoughts. You can do *The Work* anywhere, at any time, with any problem.

When applied to a specific problem, the four questions are mind-blowing. To demonstrate the process, *Loving What Is* contains numerous dialogues in which Katie takes real people with real problems through the four questions, from angry beginning to radical end. Her *Work* is so effective, that spiritual gurus and self-help authors from Lama Surya Das and David Chadwick to Eckhart Tolle are recommending it. So, stop torturing yourself, and use the power of your mind to break

through the illusion. As Socrates said, 'Know thyself.' That and nothing less is what *The Work* can do for you. — MM

The Power of Karma

How to Understand Your Past and Shape Your Future

By Mary T. Browne

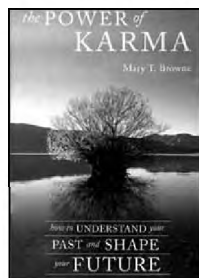
\$24.95. 255 pp. cloth.

ISBN 0066212936 William Morrow

Why do certain things happen in our lives? Is it fate? Is it destiny? Do we have the ability to change our future? In *The Power of Karma*, renowned psychic and spiritual teacher Mary T. Browne gives sensible and useful answers to these questions.

Karma is the universal law of cause and effect. Simply put: what goes around comes around; you reap what you sow; you get what deserve. Literally, karma means *action*: Good action equals good karma; bad action equals bad karma. Many people believe that they are powerless to change their karma, but as Browne notes, nothing could be further from the truth.

Browne untangles the confusion surrounding karma, its inextricable link to reincarnation, and the question of free will versus destiny. Most importantly, she shows us how to use our karma to understand our past and shape our future. With understanding comes knowledge, and if history is the record of struggle, history does not have to repeat itself once karma is understood



and integrated into our every thought, word, and action.

The Power of Karma includes simple meditations, easy exercises, and powerful affirmations — practices that can help us cultivate the qualities of forgiveness, respect, kindness, patience, and awareness. By understanding how your actions today will affect your future, you can move toward a life of greater health, love, security, and balance. — DL

"Even as we face difficult times and know we will probably face more arduous ones in the future, the opportunity for spiritual growth is enormous. We must remember that everything is karma, and the shape of our future is in our hands." — Mary T. Browne

Psychogenetics

The Force of Heredity

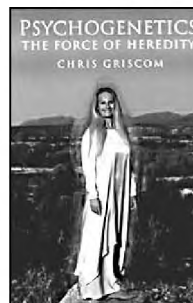
By Chris Griscom

\$18.00. 192 pp. paper.

ISBN 0962369675. Light Institute

"Looking backward, we flinch at what we have created, at what our children will inherit from us. Within our beings, we long to begin anew." — Chris Griscom

With *Psychogenetics*, author Chris Griscom has broken new ground. She shows us how we are at the beginning of a whole new chain of human beings who will use DNA in a startling new way. We are all made up of physical, emotional, and spiritual DNA, which combine to



form our family DNA. We all know that we inherit our family's genes, but we also inherit their mistakes, triumphs, sorrows and fears. In other words, we inherit their experiences. Each individual is comprised of an intricate web of relationships, inheritances and genetics.

Griscom's mind-blowing discoveries show us the true definition of inheritance, and reveal how we can expand our consciousness in order to offer new options to past, present and future generations. We have the ability to cut our ties with experiences that keep us from our destiny, and we can make choices that free us from our limitations. We can transform ourselves, our families, and our cultures into the human race we always thought possible. — MM

"Within our families, we are synergistically picking up emotional precepts and spiritual energies through our psychic antennae and attaching them to our DNA strands, causing us to inherit and pass them on in an endless repetitive pulse. We can change this scenario. We can even change our genetic makeup. We can disinherit negative traits and replace them with magnificent evolutionary DNA through the power of 'Psychogenetics'!"

— Chris Griscom

Seven Whispers

Listening to the Voice of Spirit

By Christina Baldwin

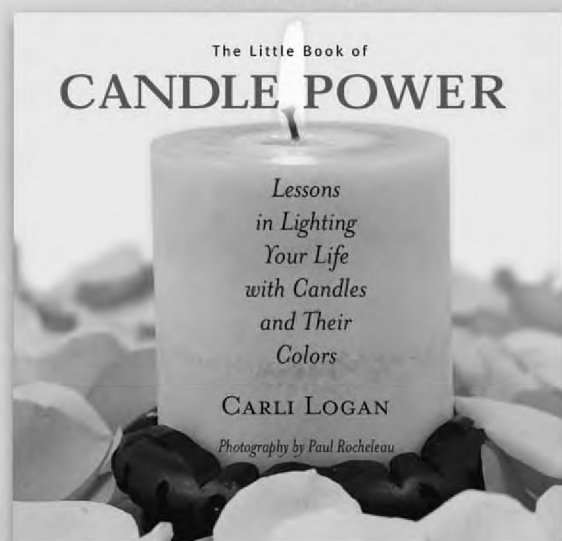
\$17.00. 120 pp. cloth.

ISBN 1577311922. New World Library

In her insightful work on journal writing (*Life's Companion*) and the traditions of council (*Calling the Circle*), Christina Baldwin has explored the purposeful ways in which we bring the world of spirit into

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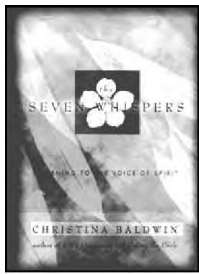
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our daily lives. Focusing on seven brief phrases, or ideas, *Seven Whispers* is an intimate guide for finding and listening to our inner voice. Though we differ in the name we give to this source — call it intuition, spirit, or God — we all have the capacity to be still and centered, and to dive deep into the well of spirit.

The seven whispers are: Maintain peace of mind, Move at the pace of guidance, Practice certainty of purpose, Surrender to surprise, Ask for what you need and offer what you can, Love the folks in front of you, and Return to the world. These seven whispers, Baldwin tells us, are at the core of a basic spiritual practice and comprise a kind of spiritual common sense. They can be an object of meditation and contemplation, or they can be recited as a prayer within the spiritual or religious tradition of our own choosing.

Our discourse with the divine is a two-way connection, and just as we call out to God, we also have to listen for the response. Using stories and examples of daily ritual, Christina Baldwin shows us how to listen to the power of spirit. *Seven Whispers* provides an opening to a heart-filled wisdom that each of us can claim as our own.

"One summer night in Paris, a wise young man whispered in my ear: 'Inside each of us, the tree of our own life is growing. If this tree is too small for us, we shrink and wither around it and turn into a shrub. If this tree is too big, it becomes a giant oak that tears us apart. We grow in constant tension, so that we and our lives remain the right size for each other.' This is a story I have remembered all the years since and referred to many times. I love this story because it creates a view of life that challenges the ways we diminish or falsely enlarge ourselves and expands the possibilities of who we think we are. It sets me wondering what size life I am willing to grow."

— Christina Baldwin

Why Your Life Sucks

And What You Can Do About It

By Alan H. Cohen

\$14.00. 199 pp. paper.

ISBN 1588720284. Jodere

"If your life sucks in any way; if the life you are living on the outside doesn't match who you are on the inside; or if you are hurting and feel powerless — this book offers you a road map out of hell." — Alan H. Cohen

It's simple. If your life sucks there is something you can do about it. Don't be afraid to say it. If you realize your life sucks, or even part of your life, or one aspect of your life, don't settle. Speak up! Why would you accept less than what you want from your life when you don't have to? Alan Cohen has put together this amazing book, *Why Your Life Sucks*, so you

can make the changes in your life that you want. Cohen writes, "I have done all the things you read that make life suck. I am writing from my own experience. I am an expert on these points because I have messed up so many times that I figured

out what not to do again. If I can save you some the bleeding-chin learning curve, that would make us both happy."

You are the only person that can make your life "unsuck." Alan Cohen shows us the ten most common reasons your life may suck, like giving your power away, expecting the worst, or saying yes when you mean no, and then he shows how to reverse them. He gets right to the point of why you sabotage yourself, how you do it, and what you can do about it. Quit complaining. Read this book, follow your path and enjoy the adventure. And by the way, Cohen's style of writing makes his book a treat to read, so you needn't fear a ponderous self-help chore.

— MM

Occult

Psychic Vampires

Protection From Energy Predators & Parasites

By Joe H. Slate, Ph.D.

\$14.95. 243 pp. paper.

ISBN 0738701912. Llewellyn Publications

"In contrast to folklore and fictional vampirism, psychic vampires feed on energy rather than blood, and they possess no supernatural powers. Deficient in energy, and with their energy system usually impaired, they seek other energy options. Contrary to prevailing stereotypes, typical psychic vampires are not agents of evil bent on the destruction of their victims. Although certain fringe 'vampire groups' are known to practice various folklore vampire rituals, they have demonstrated none of the supernatural powers attributed to folklore vampires."

— Joe H. Slate

Sunlight and garlic will not protect you from vampires says Joe H. Slate. In fact, even your fears can act as psychic vampires, draining you of energy and leaving you vulnerable to emotional and physical distress. Consequently, you become both the vampire and its host.

According to Slate, psychic vampires can come in a variety of unsuspecting guises. There are parasitic vampires, group vampires and even global vampirism. Slate, who describes psychic vampirism as an energy phenomenon, explains how psychic vampires operate, and then presents effective, step-by-step empowerment procedures that you can use for self protection. In addition, Slate shows how astral projection, aura intervention, crystals and other tangible psychic tools can be used to replenish your depleted energy reserves. Finally, the book offers a Seven-Day Psychic Protection Plan that begins with basic strategies for your internal energy system and ends with strategies that connect you to the cosmic source of energy in its highest form.

Joe H. Slate, Ph.D. is a licensed psychologist, a professor, and the founder of the International parapsychology Research Foundation. He is the author of five books, including *Astral Projection* and *Psychic Empowerment* and *Aura Energy for Health, Healing, and Balance*.

— ICS

"By banishing encumbering psychic vampirism, we can move closer to productive connectedness, tolerance, involvement, understanding, and universal personhood."

— Joe H. Slate



Osho

Awareness

The Key to Living in Balance

By Osho

\$11.95. 194 pp. paper.

ISBN 0312275633. St. Martin's Griffin

"Just as you cannot be both alive and dead, as you cannot be both asleep and awake, you cannot be both thinking and witnessing. Witness anything, and thinking will stop. Thinking comes in, and witnessing disappears." — Osho

Over the course of many years, Osho conducted daily meetings with his disciples. He discoursed extensively on every conceivable aspect

of spirituality, and these extemporaneous talks were recorded and transcribed. In recent times, this vast material has been re-compiled in a series of very accessible, and relatively succinct paperback books addressing themes such as courage, creativity, maturity, and intuition.

In this book, Osho addresses the subject of awareness, the quality of being awake and present to the moment. This quality, he says, underlies all meditation techniques, the martial arts, great athletic performances, and in fact, all aspects of a fully lived life. However, most of us move through our lives like sleepwalkers, never really present in what we are doing. Why is this? "Silence is the space in which one awakens," he writes, "and the noisy mind is the space in which one remains asleep."

Osho's style is warm and compassionate, using quotations from the spiritual literature, succinct analysis and observation interlaced with insightful, entertaining stories to develop his themes. In this particular book, he shows us how to be attentive and open up to silence. When we are aware of every moment, sound or thought, we create the possibility for situations that touch us deeply. Awareness, says Osho, is the key to being self-directed, centered, and free in every aspect of our lives. If we are able to learn how to transform every moment with attention and mindfulness, we will enjoy a life of love, caring and consciousness.

Osho always challenges us to examine and break free of the conditioned belief

systems and prejudices that limit our capacity to enjoy life in all its richness. His work is seen by many as a revolutionary contribution to the science of inner transformation, since it integrates the timeless wisdom of the East with Western science and technology. Osho has said that he wanted to create the conditions for the birth of a new kind of human being, and more than a decade after his death in 1990, the influence of his teachings continues to grow. For more information about Osho or the Osho Commune International, contact www.osho.com

"You can laugh easily about the ridiculous acts of other people but have you ever laughed about yourself? Have you ever caught yourself doing something ridiculous? No, you keep yourself completely unwatched. Your whole watching is about others, and that is not of any help." — Osho

Everyday Osho

365 Meditations for the Here and Now

By Osho

\$15.95. 365 pp. paper.

ISBN 1931412901. Fair Winds Press

With topics ranging from the internal personal journey for spiritual understanding to the social and political issues that engage us in the external world, *Everyday Osho* provides the reader with a daily guidebook for learning to live a happy and integrated life.

For thirty-five years Osho drew upon the timeless wisdom of ancient traditions as well as the more recent discoveries of science and psychology. He provoked and challenged spiritual seekers to open their bodies and minds to a new level of awareness, to completely participate in the dance of life, and to live fully in the here and now.

Everyday Osho consists of 365 meditations for daily reflection on many topics, including: truth and awareness, birth and death, sex and libera-

tion, authenticity and grace, faith and trust, and energy and strength. In addition, Osho reminds us to "love something bigger" than ourselves, to "befriend our dreams," and to "believe in poetry." — DL

"You are young in proportion to your flexibility. Watch a small child — so soft, tender, and flexible. As you grow old everything becomes tight, hard, inflexible. But you can remain absolutely young to the very moment of your death if you remain flexible." — Osho

Prayers

Painted Prayers

inspiration and comfort for a questioning world

By Jody Uttal

\$19.95. 129 pp. cloth.

ISBN 1931290024. Tallfellow Press

When her mother became terminally ill, artist Jody Uttal began painting water colors to stay "present" with her experience. She painted dozens of pictures in her journal, not as art, but merely to express the depth of her feelings. After her mother died, she edited and copied some of the paintings, bound them and began sharing them with friends, family and healing groups. Seeking solace in Stephen Mitchell's translations of the



Psalms, she then began painting interpretations of the verses to accompany the text, which she described as "painting a prayer." Eventually she sought out poems and inspirational writings from a variety of religious traditions and creat-

ed interpretations of them with paint and brush. Her paintings, as well as the texts, are soothing, calming and meditative. Rilke, Rumi, Jesus, Leonard Cohen, Zen monks and Hassidic masters are some of the writers you will find in this beautiful and comforting collection. — LA

"The painted journals provided a private space for me to process the experience of my mother's death. The immediacy of the paint and the brush strokes allowed me to work through the painful grieving period . . . If there is one theme throughout, it is that each written work captured a part of me, and my brush strokes responded accordingly. As one uses the words of prayer and poetry as an opening to go inside oneself, I hope the painted images will provide another vehicle to do the same." — Jody Uttal

Prayers

By Sylvia Browne
\$9.95. Cloth. 93 pp. ISBN 1561709026.
Hay House, Inc.

"On your spiritual journey through life, you should certainly take the time to speak with God — in your own words, in your own way. I encourage you to borrow the words in this book as a starting point, but I expect that you will change them into a more comfortable form better suited to your own style. I hope that these prayers will give you more confidence in yourself, and in your right to speak directly to God." — Sylvia Browne

Prayers is a compilation of prayers taken from sermons Sylvia Browne delivered at her church, Society of Novus Spiritus. The words were "infused" into Browne by her spirit guide Francine, and "of course, by God." Browne says hers is a passive mode of prayer that will actively recharge your spiritual battery and enable you to go out into the world and do God's work.

Sylvia Browne believes that the simple words of these prayers will elevate and expand your soul, help you to realize your self-worth, and allow God's love to pour directly into you. "Many miracles have occurred through the power of prayer," she states, "and now I want to share these commanding words with you." — CHP

Prayer for Self-Esteem

*Dear Mother and Father God,
Let my true essence shine through.
Let the true beauty of my soul
Bloom in Thy sight.
Let the Christ-consciousness
Show me not only my purpose,
But also the estimation of my true self.
Let me not be fettered by false ego,
But rather allow me to bask
In my own spiritual essence,
Which is my truth and my purpose.*

*Do not allow me to fail by
False guilt and false criticism.
Let my essence magnify Your will,
And help me live my life
Of spiritual service.
Amen.*

Psychology

Dr. Wayne Dyer's 10 Secrets for Success and Inner Peace

By Dr. Wayne Dyer
\$12.95. 158 pp. cloth.
ISBN 1561708755. Hay House

Dr. Wayne Dyer has devoted his life to helping others find success and happiness. In this book, he has distilled the wisdom of a life's work into a thought-provoking guide to the path for spiritual growth. The ten "secrets" for peace and success presented here are relevant for both beginners, and those who are well along the way.

This is not a book containing advice on career planning or tips on relationship strategies. This is common sense wisdom that anyone can practice on a daily basis. Dr. Dyer asks us to read these ten secrets with an open heart. By doing so, we may bring about a real shift in the way we live our lives. The ten secrets present us with a choice — a choice to stay where we are, or to consciously create a life of the spirit. Then we can achieve success, discover inner peace, and live joyfully in presence of God.

"That music you hear inside of you urging you to take risks and follow your dreams is your intuitive connection to the purpose in your heart since birth. Be enthusiastic about all that you do. Have that passion with the awareness that the word 'enthusiasm' literally means 'The God ('enthos') within ('iasm')." The passion that you feel is God inside of you beckoning you to take the risk and be your own person." — Dr. Wayne Dyer

Fearless Living

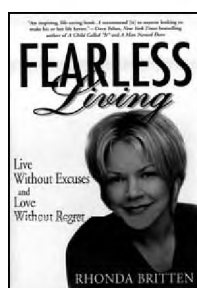
Live Without Excuses
and Love Without Regret

By Rhonda Britten
\$13.95. 270 pp. paper.
ISBN 0399527532. A Perigee Book

"When James B. Conant was president of Harvard, he kept on his desk a statuette of a turtle. The base was inscribed with this message: 'Consider the turtle. He makes progress only when he sticks his neck out.'"

"Fearless Living is about sticking your neck out. It's about finding the courage to take risks, to change, and to keep going even if you falter. It's about mastering the fear that comes from past regrets and using it to summon the strength to take another chance. It's about taking each new risk without regret."

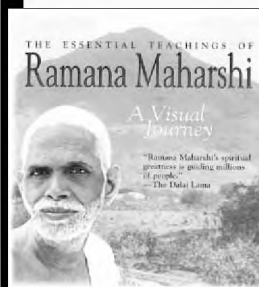
— Rhonda Britten



At the age of fourteen, Rhonda Britten witnessed a horrific event and became so traumatized that she lost all hope of ever having a meaningful or happy life. In the years that followed, she plunged into alcoholism, and went

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ON HAVING NO HEAD

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"Headlessness," the feeling of no-self that mystics of all times have aspired to, is an instantaneous way of "waking up" and becoming more aware of oneself. In this revision of his classic work, Douglas Harding describes his first experience of headlessness, and dynamically conveys the immediacy, simplicity and practicality of the "headless way," placing it within a Zen context. — 128 pages • 7 Drawings • \$11.95



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THE LOST MYSTERIES OF PYTHAGORAS

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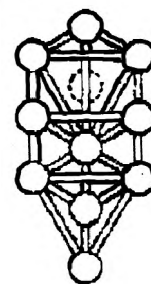
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By Henrietta Bernstein
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through several nervous breakdowns and suicide attempts. Finally, however, she successfully established her own program to overcome her self-destructive behavior. Thanks to this program, Britten's sense of self is intact and she now enjoys the freedom of an abundant life.

Fearless Living explores how your fears can perpetuate themselves and bring your life to a halt. As you read the stories of people who have followed Britten's Fearless Living program, you will discover the forces that determine your day-to-day actions, and uncover how you either sustain your fears or move beyond them. Then you can learn the elements of Fearless Living: claiming your essential nature, building self-confidence and self-caring, the power of accountability, and the power of choice.

Throughout this sincere and generous book, you will find "fearbuster" exercises that expose the roots of your fears and encourage you to change repetitive behavior patterns. Eventually, you will walk the fearless path where risk is no longer such a scary word. You will release your attachment to the outcome of your action. You will invest fully in your intention. You will stand for the truth, and you will keep kindness as a priority. By embracing these steps, a life of freedom will be yours. — ICS

Forgive for Good

A Proven Prescription for Health and Happiness

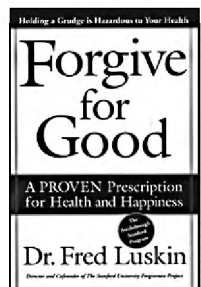
By Dr. Fred Luskin

\$24.95. 222 pp. cloth.

ISBN 0062517201. Harper

"*Forgiveness is for you and not the offender. Forgiveness is taking back your power. Forgiveness is taking responsibility for how you feel. Forgiveness is about your healing and not about the people who hurt you. Forgiveness is a choice.*" — Dr. Fred Luskin

We have all been wronged in our lives. Whether it comes from a parent, a spouse, a friend, a sibling or co-worker, we all



know the pain of feeling betrayed or forgotten. But many of us hold on to our pain and anger, unable and unwilling to move beyond our response to the negative incident. We carry it with us, and use it as an example of why not to trust,

why the world is against us, why we are right and they are wrong.

In **Forgive for Good**, Dr. Fred Luskin, founder of the ground-breaking Stanford University Forgiveness Project, describes how resentment disrupts our personal and professional lives, and undermines our physical and mental health. Then, drawing on examples from his seminars, Luskin shows us how grievances of all kinds can be acknowledged and forgiven. Using his nine-step method, he shows us how we create a grievance story, blame others, and cling to disappointment; then he teaches us what forgiveness really is, and how it leads to both immediate relief and long-term resolution.

Whether the grievance is about an affair, the loss of a child, or a passed-up promotion, most of us are weighed down with these unproductive feelings and grudges that keep us from moving forward in our lives. But with the help of this

book, you can get a grip on your life and stop being controlled by painful incidents from your past. You can forgive, no matter how long it has been. — MM

"*I do not suggest that forgiveness means we give up our right to be angry when we have been hurt or mistreated. My forgiveness research shows that people retain their ability to be angry but simply use that ability more wisely. I am not suggesting that forgiveness means we condone the hurtful things that people have done to us. I have seen that forgiveness helps people control their emotions so they maintain good judgement. They do not waste precious energy trapped in anger and hurt over things they can do nothing about. Forgiveness acknowledges we can't change the past. Forgiveness allows us not to stay stuck in the past.*" — Dr. Fred Luskin

Power Vs. Force

The Hidden Determinants of Human Behavior

By David R. Hawkins, M.D., Ph.D.

\$14.95. 341 pp. paper.

ISBN 1561709336. Hay House, Inc.

"*Power is always associated with that which supports the significance of life itself. It appeals to that part of human nature that we call noble in contrast to force, which appeals to that which we call crass. Power appeals to what uplifts, dignifies, and ennobles. Force must always be justified, whereas power requires no justification. Force is associated with the partial, power with the whole.*"

— David R. Hawkins

In 1975, psychiatrist and physician, David R. Hawkins began research on how individuals responded to true and false statements, respectively. Hawkins used muscle tension to determine the individual's response, and discovered through decades of research that our bodies are much wiser than our minds. You may want the double chocolate tart but your body says no, it's not good for me. You may want to watch the police drama but your body knows it will weaken your immune system.

Power Vs. Force is full of many such examples, and beyond these, Hawkins' research produces a profile of the entire human condition, and a comprehensive analysis of the emotional and spiritual development of humanity.

Hawkins believes that humankind is poised for a great leap of consciousness, since we are becoming more accountable for our being and are ready to understand the difference between power and force. "If we analyze the nature of force," he writes, "it becomes readily apparent why it must always succumb to power . . . We could say that force is a movement-it goes from here to there (or tries to) against opposition. Power, on the other hand, is still. It's like a standing field that doesn't move. Gravity itself, for instance, doesn't move against anything. Its power moves all objects within its field, but the gravity field itself does not move." All in all, there's much to chew on in this enlightening book.

Dr. David R. Hawkins is a renowned lecturer and expert on mental processes. A lifetime member of the American Psychiatric Association, he began work in psychiatry in 1952. Eventually, he gave up

clinical practice in order to conduct research and offer spiritual teaching. — ICS

Secrets of Attraction

The Universal Laws of Love, Sex and Romance

By Sandra Anne Taylor

\$13.95. 250 pp. paper.

ISBN 1561708178. Hay House

The energetic action that Sandra Anne Taylor talks about in this book is based on fundamental quantum principles, the most basic of which is the duality of wave and particle. When scientists discovered that particles project waves of energy, and that waves of light could also be measured as particles, it rocked the world of classical physics. Taylor's book explores how this energetic phenomenon of the physical



world can influence the way we connect on a personal level. Much of quantum physics deals with relationships: the relationship between consciousness and reality; here and there; energy and matter; or wave and particle, and in her work, Taylor applies these findings to the field of human experience and human relationships. "When I started to teach these principles to my clients, the results were amazing," she writes, speaking as a counselor whose practice also includes hypnosis, guided imagery, and cellular restructuring treatments for addiction, anxiety and depression. "People were able to turn their lives around more quickly because they could see the source of their problems in energetic terms. This was especially true for relationships. In fact, someone once called me an 'energetic matchmaker' because the techniques I teach in my seminar and counseling sessions have brought so many people together." Through her book, you will discover what makes up your personal energy field, how you project it ahead of you in time and space, how that in turn magnetically determines whom you will meet, and how energetic factors have far more impact on your relationships than your looks, intellect, or financial status. — CD

Wisdom of the Ages

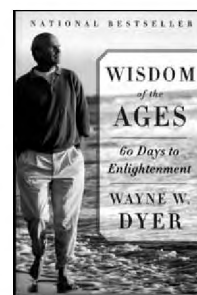
60 Days to Enlightenment

By Wayne W. Dyer

\$13.95. 268 pp. paper.

ISBN 0060929693. Harper Quill

In Wayne Dyer's acclaimed book, first published in 1998, and now available in paperback, he gathers inspirational gems from sixty of our enlightened ancestors, and explains how each treatise might benefit us today. His "contributors" are a diverse group, representing ancient, medieval, renaissance, early modern and modern times, and from all around the world. Male, female; black, white, Native American, Far Eastern, Middle Eastern; scholars, soldiers, scientists, philosophers, poets, and statesmen, they are all here, and they all have something to say. "Each contribution is designed to speak to you personally," writes Dyer, "with



specific suggestions at the end of each short essay explaining how you can implement the lessons into your life . . . I recommend that you read each selection with an openness to the idea that these towering minds share the same divinity and life force as you do and are talking to you directly in their own unique language." In fact, he continues, "I encourage you to make this book a two-month renovation project of your soul in which you read only one selection each day and then make a conscious effort to apply the suggestion that day. When you have completed the sixty days, use this as a reference book . . . If you need a boost in patience, mercy, kindness, meditation, forgiveness, humility, leadership, prayer, or anything else covered by our ancestral masters, then read that contribution. Let your life be guided by greatness!" — CD

CROSS

My old man's a white old man

And my old mother's black.

If I ever cursed my white old man

I take my curses back.

If ever I cursed my black old mother

And wished she were in hell,

I'm sorry for that evil wish

And now I wish her well.

My old man died in a fine big house

My ma did in a shack.

I wonder where I'm gonna die,

Being neither white nor black

— Langston Hughes

I, TOO, SING AMERICA

I am the darker brother.

They send me to eat in the kitchen

When company comes,

But I laugh,

And eat well,

And grow strong.

Tomorrow,

I'll sit at the table

When company comes.

Nobody'll dare

Say to me,

"Eat in the kitchen."

Then.

Besides,

They'll see how beautiful I am

And be ashamed—

I, too, am America.

— Langston Hughes

Dyer's advice:

"*Take stock of everyone who has ever wronged you in any way, regardless of how severe or recent it may have been, and make the choice to let go. Forgiveness is an act of the heart. Do it for yourself, to provide the antidote for the poison that you have allowed to circulate inside you.*"

"*Be aware that your parents (and everyone in your past) did what they knew how to do given the conditions of their lives. You can not ask any more of anyone. Perhaps you would not have done it that way, so learn from it. Forgiving is recognizing that deep injuries will not recover until you forgive. So make that choice and you will be immediately freer than you've ever felt.*"

"*Make every effort to remove the labeling process from your life experience. Look past the skin and bone structure to the unfolding of God in all people, and address them and yourself from that space of no labels. And remember always that everyone, without exclusion, has the right to say, 'I, too, sing America.'*"

— Wayne W. Dyer

Psychology: Jungian Studies

Alchemical Psychology

Old Recipes for Living in a New World

By Thom F. Cavalli, Ph.D.,

Foreword by Robert A. Johnson

\$19.95. 364 pp. paper.

ISBN 1585421405. Tarcher/Putnam

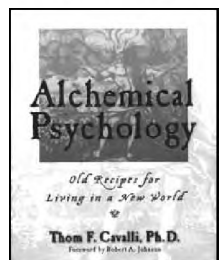
"At the heart of the matter, alchemy is about coming to the realization that we already possess the philosopher's stone and its name is love."

Using Jungian interpretations of medieval alchemical symbols, texts and recipes, Thom Cavalli outlines a method for turning the lead, the dark matter, or the shadow side of our psyche, into the gold, or the philosopher's stone of fulfillment.

Cavalli first explores the history of alchemy and the riches of alchemical symbolism. Although alchemy is not common-

ly part of our modern daily existence, Cavalli uses ancient texts and terminology to show how we can use alchemy to transform everything from bad habits to deep depression. He also

explains how the grandeur, mystery, and excitement that is lacking in an unexamined or unconscious life can be rediscovered through alchemical elements and recipes.



The beauty of nature, the mysterious cycles of death and birth, the symbolic act of sowing seeds and gathering honey, and the chemical complexities of mercury and sulfur, with their corresponding planets and astrological significance — these are just a few of the themes found within this adventurous work. It is a book that beckons us with a golden lantern to illuminate our own self development. — LA

"The personality is the vessel in which we experiment with life. Consciousness is the matter contained in the alchemist's vessel that we propose to transform from a state of chaos to one that is superbly organized."

— Thom F. Cavalli

The Journey of Luke Skywalker

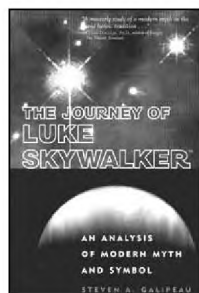
An Analysis of Modern Myth and Symbol

By Steven A. Galipeau

\$19.95. 301 pp. paper.

ISBN 0812694325. Open Court

Often films are dissected to reveal the symbolic content woven into the plot. Here, using insights from Jungian psychology, Steven Galipeau has compiled an intricately detailed explanation of the symbolic themes of the Star Wars movies.



Long intrigued by George Lucas's films (Lucas's own hero was Joseph Campbell), Galipeau examines their characters, dialogues and scenes, allowing us to see the underlying mythological and psychological significance.

Galipeau suggests that as our modern popular culture has turned away from traditional religious beliefs, we have looked to films like the Star Wars chronicles to uncover spiritual meaning. He also believes that our culture can readily relate to ancient truths when they are presented in this technologically advanced medium.

— LA

"My hope in this book is that my personal Jungian approach may give additional meaning to the story of the first three Star Wars movies, which contain an abundance of symbolism linked together in a remarkable way in what appears to be a simple story . . . I hope to provide a rich assortment of insights into the deeper meaning to be found in these films — being aware, even as I do so, that new understandings will always emerge, just as they do when working on a fascinating dream."

— Steven A. Galipeau

The Soul's Religion

Cultivating a Profoundly Spiritual Way of Life

By Thomas Moore

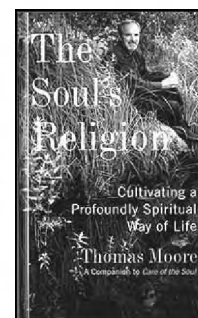
\$25.95. 297 pp. cloth. ISBN 0060192860.

\$24.00. audiocassette. ISBN 0694524255

Harper

Thomas Moore's *The Soul's Religion* is the long-awaited companion volume to his highly regarded book *Care of the Soul*. Here, Moore moves beyond the familiar territory of spiritual tradition and religious practice to help people find the joys of spirit and soul in the ordinary moments of everyday life.

As Moore writes, "*Care of the Soul* addressed the deep soul as found in the emotions, relationships, and culture. In



that book I also laid the foundation for a new approach to spirituality, but I gave little more than a taste. Here I focus directly on the spirit and explore its many aspects. I have a great love for religion and spirituality, as they are found in many different forms. Here

I present the very core of my life experience and ideas — a way to be spiritual that is honest, close to physical life and emotion, and not arrogant by any means."

Based on his study of religions, Thomas Moore elegantly weaves the best of Zen, Taoism, Catholicism, Sufism, and the Native American traditions into his vision of spirituality in personal life. He begins with the notion of emptiness as the essential starting point for any quest, and demonstrates that anyone can discover life's spiritual dimensions and live a spiritual life. We find the life we aspire to when we are willing to reimagine what spiritual life may be; in the end, it may prove to be the life that we already have. — MM

"It has taken me a lifetime to reach this beginner's appreciation of air and emptiness. All the arguments and examples in this book point to the last page, the empty one. Intelligence happens when you stop trying to be smart. A sense of self appears when you no longer have a need to be somebody. Transcendence arrives when you embrace the life that is given."

— Thomas Moore

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Using Regression for Physical, Emotional and Spiritual Healing

By Brian L. Weiss, M.D.

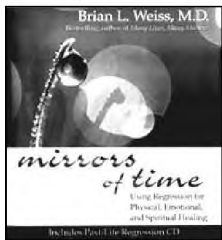
\$17.95. 92 pp. cloth.

ISBN 1561709298. Hay House

"Begin by focusing on your breath . . . going deeply within . . . Within each breath, let yourself go deeper and deeper . . . into a beautiful, relaxed, serene state, deeper and deeper within . . . focus on your breathing . . . This is called 'Yoga breathing,' an ancient technique . . . deeper and deeper within each breath . . ."

— Dr. Brian L. Weiss

Brian Weiss's new book — which includes a CD that contains the actual regression techniques he employs with his patients —



helps you to go back through time and recall the past events that may be responsible for your problems in the present. Over the past twenty years, Weiss has used meditation

and regression techniques with over three thousand patients, helping many of them to alleviate psychological and physical symptoms. Through the process of meditating and remembering, symptoms diminish, and a strong sense of relaxation and well being begins to grow.

Weiss's book allows readers to fully participate in his techniques. Now, he says, you can employ these methods yourself — and, typically, the benefits will extend beyond alleviating your symptoms. "Healing often results on all levels of our being," he writes, "including the physical, the emotional and the spiritual. Just about every one of my patients practices meditation and/or regression exercises between their visits to my office — for the more they practice, the faster and deeper they can go." The exercises on the CD are very safe, and thousands of people have been using them over the years. "However," Weiss continues, "it is extremely important that you be patient even if you don't notice immediate results. Regular practice will foster your physical and emotional health and will open up spiritual vistas that can endow you life with new meaning." The book includes a helpful section with Weiss's answers to commonly asked questions. — CD



Perpetual War for Perpetual Peace

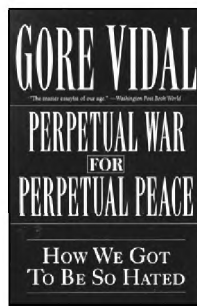
How We Got to Be So Hated

By Gore Vidal

\$10.00. 160 pp. paper. ISBN 156025405X.

Thunder's Mouth Press

"Should the forty-four-year-old Saudi Arabian, bin Laden, prove to be the prime



mover, we still know surprisingly little about him. The six-foot seven-inch Osama enters history in 1979 as a guerilla warrior working alongside the CIA to defend Afghanistan against the invading Soviets. Was he anti-communist? Irrelevant question. He wants no infidels of any sort in the Islamic world. Described as fabulously wealthy, Osama is worth 'only' a few million dollars, according to a relative. It was his father who created a fabulous fortune with a construction company that specialized in building palaces for the Saudi royal family. That company is now worth several billion dollars, presumably shared by Osama's fifty-four brothers and sisters. Although he speaks perfect English, he was educated entirely at Jiddah. He has never traveled outside the Arabian Peninsula. Several siblings lived in the Boston area and have given large sums to Harvard. We are told that much of his family appears to have disowned him and many of his assets in the Saudi kingdom have been frozen." — Gore Vidal

No one in America would publish any of the pieces Gore Vidal wrote after September 11. It was only after his September 11 essay was published in Italian, becoming an instant bestseller, that it was published in America. Eventually, it would be translated into a dozen languages. In *Perpetual War for Perpetual Peace*, Vidal brings together his thoughts about the execution of Timothy McVeigh with his concerns over our leaders' responses to September 11. He concludes that the America brought into being by the founding fathers is being dismantled, callously and contemptuously.

Vidal corresponded with McVeigh before he was executed and he makes use of some of those telling correspondences here. Citing specific incidents and actions that the United States government had committed or set in motion, Vidal attempts to show how the deeds of both Timothy McVeigh and Osama Bin Laden were seriously provoked by the United States. In so doing, Vidal presents fascinating information about the workings of our government and the powerful people who run it, and argues that the greatest victim of the September 11 terror attacks could be American liberty. He writes, "The awesome damage Osama and company did to us is as nothing compared to the knock-out blow to our vanishing liberties . . ."

Gore Vidal may disturb or challenge you with the observations he presents here, but he also will encourage you to think. — ICS

Gore Vidal is the author of twenty-two novels, five plays, many screenplays, more than 200 essays, and a memoir, *Palimpsest*. The *Times Literary Supplement* (U.K.) noted that Vidal's *United States (Essays 1952-92)* is one of the great American books of the twentieth century. We recommend his book *Lincoln*, a historical novel about Abraham Lincoln during the Civil War. It is a passionate and provocative re-telling of a poignant time in American history.

Seven Words That Can Change the World

A new understanding of sacredness

By Joseph R. Simonetta

\$14.95. 90 pp. paper. ISBN 1571742956.

Walsch Books/Hampton Roads

In a globalized world that seems more

and more out of our control, how can we make a difference? How is it that we live amidst unprecedented abundance and progress while our lives are riddled with fear, insecurity, greed, and selfishness? In an increasingly media-saturated culture, how do we replace our information anxiety with genuine, authentic understanding? As Joseph Simonetta tells us in this succinctly-argued work, the answer to such questions is clear and uncomplicated — we need only to acknowledge the simple truth of the world in which we live.

Based on the lecture series, "Astonish the World, Tell the Simple Truth," *Seven Words That Can Change the World* pushes us to make a critical shift in our thinking. Only



by understanding the three foundational relationships — with ourselves, with others, and with our environment — and honoring them, can we take responsibility for the survival of our species and the planet. In fact, Simonetta writes, it is the quality of these relationships

that will determine the quality of our lives.

The three truths and seven simple words of Simonetta's thesis — "Be healthy. Be kind. Respect the Environment." — form the basis for a modern belief system that transcends boundaries. It's a new set of commandments anchored in our everyday lives, in a diverse, interconnected, world, where everything affects everything else.

Drawing on his rich educational background (he holds a master of architecture degree from the University of Colorado as well as a master of divinity degree from the Harvard Divinity School) and his vast experience in many fields, Simonetta shows us why we must learn to live in a way that honors the sacred relationships of life. *Seven Words That Can Change the World* is a call to action. It starts with each of us taking good care of ourselves, living peacefully with others, and treating the Earth with respect. After all, if we destroy the environment, we will destroy ourselves, as well. — DL

"Philosopher Arthur Schopenhauer noted that all truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as self-evident. Such a truth has emerged in our lifetime. It informs us that we exist as a tiny fragment of an immensely larger interlocking whole in which all of the parts are interconnected and dependent upon each other for survival . . . Simply put, everything is connected to everything else. We exist, not separately, but in communion with all living things. Life is an inter-related, interdependent phenomenon. Everything is in relationship. That is the nature of the universe. That is the nature of life."

— Joseph R. Simonetta

The Tipping point

How Little Things Can Make a Big Difference

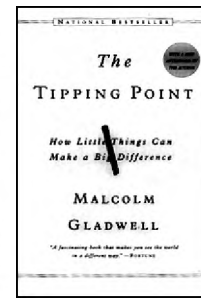
By Malcolm Gladwell

\$14.95. 301 pp. paper.

ISBN 0316346624. Back Bay Books

"What must underlie successful epidemics, in the end, is a bedrock belief that change is possible, that people can radically transform their behavior or beliefs in the face of the right kind of impetus." — Malcolm Gladwell

According to Malcolm Gladwell, a hot fashion trend takes off in much the same



way that a disease becomes an epidemic. This same principle can be used to explain both the patterns of crime in big cities and the violent actions of isolated adolescents, or the small acts done by a few people that have

changed the lives of many for the better. The "Law of the Few," the "Stickiness Factor," and the "Power of Context" are Gladwell's concepts that will amaze you, and you may be surprised to discover how many "mavens," "connectors," and "salesmen" you already know.

Equally illuminating is a chapter on the failure of no-smoking campaigns to stop the epidemic in teenage smoking, along with Gladwell's own solution, based on his "Stickiness Factor." And what is "The Tipping Point?" It is that magic moment when an idea, trend, or social behavior crosses a threshold, tips, and spreads like wildfire. The rub, of course, is that some epidemics are good, while others are bad.

Malcolm Gladwell was a reporter for the *Washington Post* from 1987 to 1996, working first as a science writer and then as New York City bureau chief. Since 1996, he has been a staff writer for *The New Yorker*. — ICS

Understanding Power

The Indispensable Chomsky

By Noam Chomsky

Edited by Peter R. Mitchell

and John Schoeffel

\$19.95. 416 pp. paper.

ISBN 1565847032. The New Press

"Well, this term 'conspiracy theory' is kind of an interesting one. For example, if I was talking about Soviet planning and I said, 'Look, here's what the Politburo decided, and then the Kremlin did this,' nobody would call



that a 'conspiracy theory' — everyone would just assume that I was talking about planning. But as soon as you start talking about anything that's done by power in the West, then everybody calls it a 'conspiracy theory.' You're not allowed to talk about

planning in the West, it's not allowed to exist. So if you're a political scientist, one of the things you learn — you don't even make it into graduate school unless you've internalized it — is that nobody here ever plans anything: we just act out of a kind of general benevolence, stumbling from here to here, sometimes making mistakes and so on. The guys in power aren't idiots, after all. They do planning. In fact, they do very careful and sophisticated planning. But anybody who talks about it, and uses government records or anything else to back it up, is into 'conspiracy theory.' — Noam Chomsky

Noam Chomsky is one of the preeminent public intellectuals of the modern era. It is Chomsky's mastery of a huge wealth of factual information, and his uncanny ability to present that information intelligibly, that bring audiences again and again to his sold-out lectures. *Understanding Power* is based on dozens of transcribed question-and-answer sessions that Chomsky participated in from 1989 to 1999. The discussions span a wide array

SPIRITUAL QUESTS

of topics — from the workings of the modern media, to globalization, the educational system, the environmental crisis, the military-industrial complex, and beyond. He also explores U.S. foreign policy, international economics, the domestic social and political environment, as well as activist strategies and problems.

The discussions on U.S. foreign policy and its effect on the rest of the world are especially relevant to today's political climate. However, Chomsky not only speaks to what has happened and is happening in the political world, but he also discerns the necessary steps toward making the world a more equitable place. These steps must be taken up by all the peoples of the world, Chomsky says, beginning with the United States. We cannot afford to be marginalized and silenced, if there is to be a future.

Noam Chomsky is an American Linguist whose theory of generative grammar, first proposed in *Syntactic Structures* (1957), revolutionized the study of language. He has written widely on linguistics and current politics. — ICS

Spiritual Quests

Emissary of Love

The Psychic Children Speak to the World

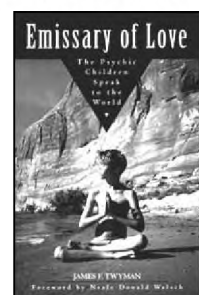
By James F. Twyman,

foreword by Neale Donald Walsch

\$15.95. 149 pp. paper.

ISBN 1571743235. Hampton Roads

For many years, James Twyman has traveled the world with his musical instruments, singing songs of serenity in places of conflict. He has acquired a worldwide reputation as "The Peace Troubadour," and is often invited to by the people of



war-torn regions to visit and bring his healing energy — to sing at a time of sorrow, to praise and raise spirits, to speak a greater truth at a time when every false thought about humans and humanity is on display. In his foreword to this remarkable

book, Neale Donald Walsch describes Twyman in terms of a "magic spell." "His special magic," he writes, "which is turning sadness into love, is just the trick right now for a world reeling in disbelief and anguish over man's inhumanity to man."

One night, while giving a talk in a private home in San Francisco, Twyman met a ten-year-old boy. The boy touched Twyman's finger, and suddenly Twyman could bend spoons with the power of his mind, read thoughts, and transmit images to others. Yet, later, no one who had been in the room could remember seeing the child! The boy had said his name was Marco, and that other special children like him could be found in a monastery in the mountains of Bulgaria. Without knowing who or where they were, or how he could find them, Twyman began an extraordinary journey to find Marco and the psychic children. In the process, he learned that the children had a message for the world — and that he was the one to deliver that message. — CD

"And that is what confused me the most. It was as if I had lived two separate stories, but they were bound together by one profound thread. I met Marco and the other Children of Oz, and they were as authentic as anything. The

energy that flowed from these children was enough to challenge the established rules of physics, and I saw things when I was with them that would make any scientist reconsider their allegiance to the Gospel according to Newton. Even I was able to perform feats of psychic dexterity fantastic enough to win me a job on the Las Vegas stage. There was no way to invalidate these experiences, no matter how wounded I was by my most recent encounter: Lama Tensin, on the other hand, turned out to be a master of disguise, saying all the right words and inspiring enormous confidence, but in the end there was no foundation for any of us to stand on. And yet Tensin still possessed the same transformational energy as the other children I met. He had the same 'juice.' The first group told the truth and the second told a lie, and yet the result was the same. People were moved to experience their own Divinity, and that, after all, was the desired goal." — James F. Twyman

Familiar Strangers

Uncommon Wisdom in Unlikely Places

By Gotham Chopra

\$22.95. 186 pp. cloth.

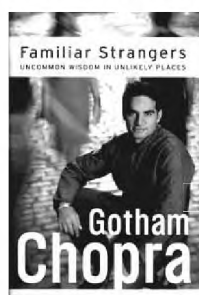
ISBN 0385499671. Doubleday

Familiar Strangers is not just another new age self help book. It is so honest and direct, and so clear in its quest that it is an anomaly. Unlike many books regarded as spiritual, it doesn't answer so many questions, but instead asks them.

Author Gotham Chopra — yes, he is the son of best-selling author Deepak Chopra — is a writer and journalist in his own right. He has spent the last several years traveling the world as a correspondent for Channel One while simultaneously accumulating information for this book. Journeying to China, Sri Lanka, Kashmir, Chechnya and the Yucatan, he has encountered everyday people who have suffered everyday struggles and survived horrible losses.

Gotham Chopra always begins with a question: Why do we suffer such atrocities at the hands of each other? Why are we here? What is the purpose of it all? In response, his travels revealed a sense both of uncertainty and of promise. He discovered that the ordinary people who confront life's difficulties each day are both extraordinary and wise. Faced with his own harrowing journey — a plane ride from New York to Los Angeles on the morning of September 11, 2001 — he realizes that chance encounters between strangers, conversations with friends, and the simple reality of our common humanity provide a road map for our future as a species. These meetings create the world we live in today, and the community we are creating for tomorrow. — MM

"But it is each of us, it is the codes among us, the ways in which we choose to treat one another and acknowledge our shared humanity that will most carve out our future together on this planet. It is the encounters, the conversations, the whispers between friends and strangers that will most define the world we live in. While we all must now honor those who lost their lives on September 11, 2001, we must also move forward. Each of us has our story of where we were the day the Twin Towers toppled — dramatic and tragic. We also have a lifetime of stories — poignant and pointless — each one of which holds some secret for moving forward." — Gotham Chopra



Turning Toward the Mystery

A Seeker's Journey

By Stephen Levine

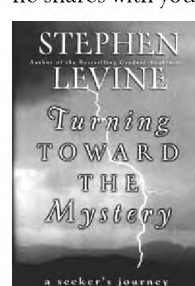
\$25.95. 252 pp. cloth.

ISBN 0062517449. HarperSanFrancisco

"After more than forty years of spiritual practice and a gradual awakening from a very deep sleep, I write this book to share the process of an accessible grace."

— Stephen Levine

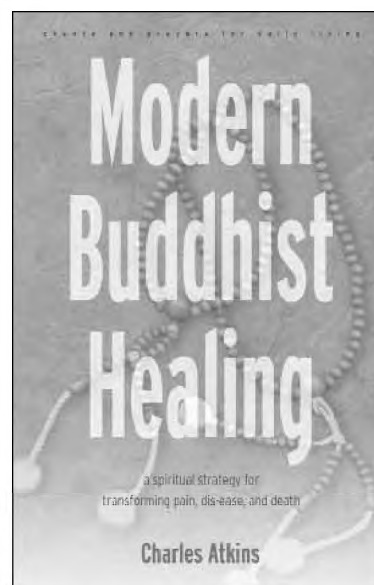
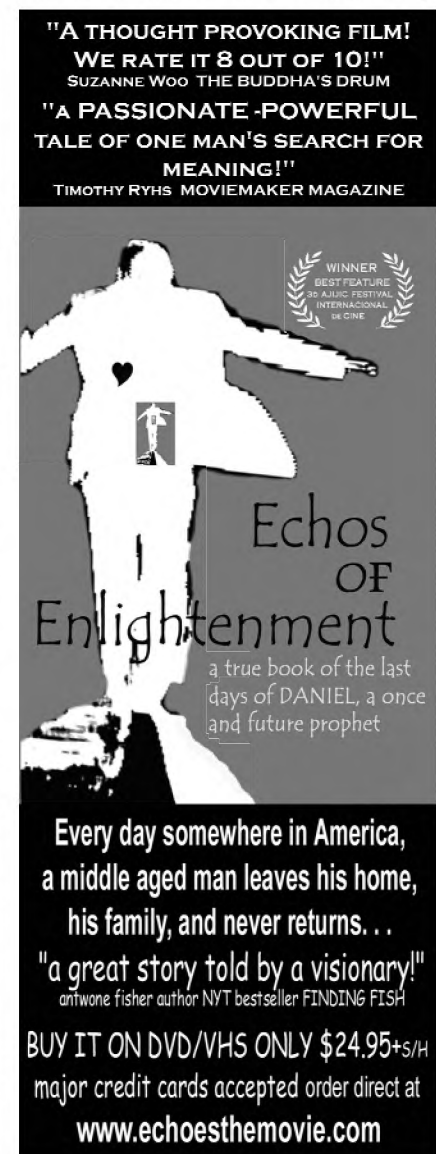
Stephen Levine has led an extraordinary life. In *Turning Toward The Mystery*, he shares with you the "heart's hunger" of



his troubled youth, his work with the seminal figures of the Beat poetry movement, his participation in the New York jazz scene, and his experiences during the psychedelic sixties in San Francisco. And then, he recounts the spiritual journey that led him to encounters with Ram Dass, Elisabeth Kübler-Ross, and the Dalai Lama.

In this intimate account of compassion and healing, Levine's narrative turns progressively inward as he describes his life's path toward a deeper understanding of "the way of things." A former drug addict turned spiritual teacher, Levine describes how he learned to use his life as a jumping-off point from which to teach healing principles, guided meditations, mindfulness, loving kindness, and service. His life and work embody the message that personal peace and transcendence are possible for all.

Stephen Levine is the bestselling

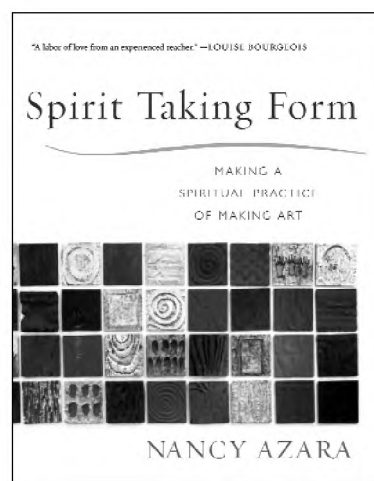


Modern Buddhist Healing

by Charles Atkins

ISBN: 0-89254-062-1, \$18.95

Struck with Hodgkin's lymphoma, Charles Atkins endured the ravages of chemotherapy. Throughout this time, he relied on his Buddhist training and the power of mantra to carry him through the cancer treatments and allay his fears of death and the doubts for recovery. His healing techniques and the inspiring story of his survival show that with hope, faith, and prayer, nothing is impossible.



Spirit Taking Form

by Nancy Azara

ISBN: 1-59003-016-8, \$18.95

Nancy Azara, renowned sculptor, has developed a spiritual practice in combination with artistic techniques designed to help anyone get and stay in touch with their own inner artistic souls. Rich, spiritual experiences await you through the techniques described in this remarkable book.



Red Wheel/Weiser

Publishers of Red Wheel, Weiser Books, and Conari Press
www.redwheelweiser.com

author of many works, including *A Gradual Awakening*, *A year to Live*, and *Who Dies*. With his wife, Ondrea, Levine has counseled terminally ill people and their loved ones for over thirty years.

— ICS

Tantra

Tantric Awakening

A Woman's Initiation into the Path of Ecstasy

By Valerie Brooks

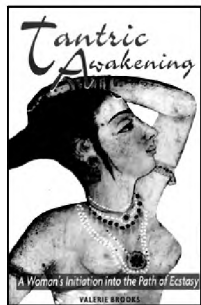
\$14.95. 165 pp. paper. ISBN 0892819065.

Destiny Books

"Within each of us is a longing that transcends the boundaries of our bodies and emotions. This need is the shadow of remembrance — we are part of something larger than ourselves. We come from somewhere. There is a higher purpose to our lives. Known also as oneness with the divine cosmos or human enlightenment, we seek to fill this innate yearning through religion, art, and science ..."

"My first experience of oneness was through complete acceptance. For example, when I am at one with my fear of trusting others, then I can nurture and love this part of me instead of fighting or repressing the fear. I am neither condoning nor judging myself. I am merely being. It is not that I want to continue distrust. But I won't be

EDITOR'S CHOICE



able to change anything until I'm one with my fear. I learned to be conscious and in the moment, with no judgment and no preconceived ideas about what should be."

"Oneness in the context of relationships means accepting people as they are, without wanting them to be different. It means letting go of expectations and viewing their personalities or actions as neither superior nor inferior. It means simply knowing people as they are, and accepting them in totality ..."

"Oneness was really hard for me. It took a lot of practice because I had always been extremely self-critical. I expected to live up to a fantasy of perfection I had in my mind. I had to be thin, beautiful, successful, wealthy, and loved by everyone. I was so hard on myself. Compared to any wrong that anyone had ever done to me, I hurt myself a hundred times more, just because I was so self-judging ..."

"In tantra I would learn to change this habit through accepting just one person in totality. Just one! As I learned to do this during the act of tantra, an amazing thing happened. All of my relationships started to change. I began to learn how to accept my friends and family."

— Valerie Brooks

Tantric Awakening is Valerie Brooks' autobiographical account of her "epic experience with tantra." This courageous, intimate portrait reveals the ecstatic power and spiritual benefits of tantra, as well as its pitfalls, problems, and many temptations.

Tantra is Sanskrit and comes from *tanoti*, "to expand," and *trayati*, "liberation." It also means "to weave," as if to weave together a community or the hearts of people into one. Tantra, or tantra yoga, is considered the yoga of love. It is not a religion, but a vehicle, or tool, that teaches us how to "love unconditionally in every area of our lives."

Brooks began her studies as a disillusioned nineteen year old girl "in search of

authentic knowledge." At the age of twenty-three, she achieved her first kundalini awakening. Even though she has now practiced tantra for eleven years, Brooks relates that the experience has just started to unfold. "I am still learning to combine my heart with my sexuality," she writes, "I am still understanding my relationship with myself, with others, and with God. I am still learning how to be a better friend, lover, and daughter. I have yet to discover what it means to be a mother and wife. But this tantric awakening, however ecstatic, has just begun." — CHP



The Artist's Inner Vision Tarot

By NoMonet

\$35.00. 78-Card Deck

with 170-page book. ISBN 9990430578.

NoMonet Full Court Press

"The Artist's Inner Vision Tarot cards were created with the goal in mind of each card telling its story visually to help make the card meaning clearer to the novice, as well as to be beautiful pieces of artwork."

"Each of the twenty-six artists involved in this collaboration created three tarot cards and three rubber stamp images to decorate this book."

"This book is very basic and is structured not only to define basic card interpretation, but also to make comparisons to movies and television shows to illustrate the card themes and concepts and aid users in remembering the meanings and make them easier to relate to."

— NoMonet

Steph King took the pseudonym, NoMonet because of the wordplay it invokes. "Rubber stamp art is not given any respect in the fine art world ... ask me if I care! Hence 'I ain't no Monet.' Also no money ... the rubber stamp hobby is exceedingly expensive. Sorry, Monet is not her favorite artist, there is No Monet art in her house."

NoMonet and a group of fellow internet artists have combined their many talents to create a very unique tarot deck, as well as the rubber stamp art that illustrates the accompanying book. The book



not only gives highly unusual card interpretations, but expands these interpretations by cleverly linking them to movies and television shows to help the reader retain their meanings.

Take the Fool, for

instance; "He is an innocent, bound on a journey he knows not where, with only the conviction that with optimism the greater good will prevail. The Fool has faith in himself to bring him through new experiences, as we must have faith in ourselves, knowing our hearts lead the way and where good intentions prevail, the correct path will become apparent."

NoMonet then offers this example: "The character *Forrest Gump*, in the movie of the same name, epitomizes the Fool at his best, carrying with him an innocence and confidence in himself that helps him overcome some of the most difficult situations that life offers him."

You will learn about the birth of each card through vignettes written by the artists, and about the artists themselves in the biography section. — CHP

The Complete Book of Tarot Reversals

By Mary K. Greer

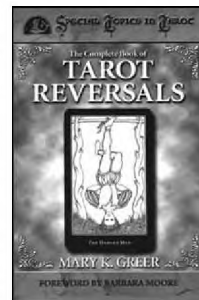
\$14.95. 274 pp. paper.

ISBN 1567182852. Llewellyn

Tarot readers, amateur and professional alike, have difficulty interpreting reversed cards. One reason is the wealth of interpretations that arise from each reversed card; there are many ways to see meaning in them with no one definitive answer.

Here, however, is the first tarot book to focus entirely on the challenges of these sometimes confusing cards. Author Mary Greer, a world-renowned healing arts lecturer and teacher, provides you with twelve different ways to interpret each reversal. The particular interpretation you choose is open to your own orientation, allowing for your world-view, your

level of tarot comprehension, or your style of reading. Drawing on schools of thought that include the Jungian, the Shamanistic, the medicinal and the magickal, *The Complete Book of Tarot Reversals* encourages you to make up your own mind about



each card, to trust your intuition, and to see card interpretation as more than black and white. Whether you read for clients or just for yourself, this book explores the world of reversed cards from every possible angle and encourages you to do the same. — MM

"I am reminded of a scene from the movie 'The Dead Poet's Society'. Actor Robin Williams plays a teacher who urges his students to stand on their desks, simply to see the room from a different point of view. That's what reversals can do. Sometimes that's what we need."

— From the Foreword by Barbara Moore

Guardians of Wisdom

Universal Power Cards

By Todd Hershey, with Artist Emy Ledbetter
\$23.95. 78 cards.

ISBN 0967995205. Carta Mundi

This unique and deeply empowering deck is brilliantly conceived and stunningly expressed. The *Guardians of Wisdom, Universal Power Cards* manifest the ideas and marks of early alchemists in the form of diamonds, hearts, spades and clubs. In the *Guardians of Wisdom* system, diamonds (pentacles in traditional tarot)

EDITOR'S CHOICE

Guardians of Wisdom



are the Native American category, hearts (cups in traditional tarot) are the Goddess category, spades (swords in traditional tarot) are the Ancient Asian category and clubs (wands in traditional tarot) are the Angel category.

The major cards synthesize the energies of the Native American, the Goddess, the Ancient Asian and the Angel into beautiful depictions of 22 archetypes — Universal Guardians — that speak to all people.

The creators of the cards explain several ways to read and spread the cards: Meditate on the cards. Allow your intuition to guide you. Use the insights you glean to remove negative conditions and create positive situations. Use the cards separately or together, to divine answers to questions asked.

The *Guardians of Wisdom, Universal Power Cards* offer something for everyone. For those who have not worked with cards before, the meanings are written in easy-to-understand language on the face of each card, along with the card's number and marking. Advanced readers will be able to explore new and exciting dimensions, by integrating what they already know with the *Guardians of Wisdom* system. The creators of the cards suggest that you spend lots of time with this deck. Patience and practice will help you grow in knowledge about yourself and the world around you. "Remember," they say, "the more you work with the cards, they more they will work with you."

Todd Hershey has studied and practiced in the field of divination and tarot for over thirty years. He is considered a master in his field and is widely sought out for his insightful readings and seminars. His life-long dream of assembling all the aspects of ancient teachings into a medium of interpretation and implementation is now available through this new tarot deck.

Emy Ledbetter began developing her unique style of painting in 1970. She feels this special technique opened her awareness and imagination to venture into the spiritual aspects of herself and her art. Her paintings are personal adventures, inspired by inner visions, sweet dreams and the loving guidance of spirit. — ICS

Collected internationally, Emy Ledbetter is a gifted artist specializing in Angel, Goddess, Oriental and Native American paintings. Some originals and giclée prints are available. Please see www.ledbetterart.com. With Ledbetter's permission, we used her painting "Psychic Awareness" or "In the Light" to grace the cover of this issue of the Bodhi Tree Book Review.

Messages From Your Angels Oracle Cards

What Your Angels Want You to Know

By Doreen Virtue, Ph.D.

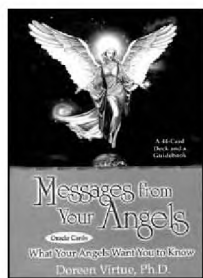
\$15.95. 44 card deck

with 72 page guidebook.

ISBN 1561709069. Hay House, Inc.

"If this is your first deck of oracle cards, congratulations! Oracle cards are an ancient divination tool that will allow you to clearly receive messages from God and the angels. These cards are infused with the energy of Divine light and love, so rest assured that they

TAROT



are safe, positive, and amazingly accurate."

"If you have other oracle card decks at home, you'll find that this new deck adapts easily to work with other cards. In this little booklet, I'll explain some ways for you to give yourself, or others, an 'angel reading.' Anyone can successfully use these cards, since you really can't make a 'mistake' while using them."

— Doreen Virtue

Messages From Your Angels Oracle Cards makes it easier than ever to give yourself, or others, an accurate angel reading. The deck features gorgeous angel paintings along with clear, precise messages that are elaborated in the booklet that comes with the deck.

With the eight angel card spreads given in the booklet, you can do readings for your career, health, or love-life; find out who your guardian angels or spirit guides are, and explore your life purpose. If you pull certain cards repeatedly, Virtue says, these may be the names of your angels. Also, a recurring card means that your angels are emphasizing that particular message, since Divine guidance is always repetitive and consistent.

When you pull several cards, they all work together to tell a story. Virtue suggests that you use your intuition to reveal how they relate to one another and how each card applies to your question.

Doreen Virtue based this angel card deck on her own angel readings, using the most commonly asked questions and angelic answers to create the "ultimate deck for both beginner and advanced card reader." — CHP

Other decks by Doreen Virtue are: **Healing With The Fairies Oracle Cards** (\$15.95. 44-Card Deck with 69-page booklet. ISBN 1561707856), and **Healing With The Angels Oracle Cards** (\$15.95. 44-Card Deck with 48-page booklet. ISBN 1561706396).

Please see the book review for *Messages From Your Angels: What Your Angels Want You to Know* by Doreen Virtue in the Angel section.

Sacred Geometry Oracle Deck

By Francene Hart

\$35.00. 64-Card Deck

with 128-page illustrated book.

ISBN 1879181738. Bear & Company

"As an artist and seeker I search for tools that help explain and illustrate visually and philosophically the great mysteries of everyday life and the All That Is. When I gave recognition to these geometric glyphs as Sacred Geometry, they began to reveal their function. As my artistic meandering became research, I was led into unfamiliar territory. Math and science had been designated 'not my thing.' My experience to that point was that the quantitative mathematical approach was so different from the intuitive that the two seemed to be opposing forces. Intuition was the source. Right-brained creativity was the goal. There was little room for what appeared to be mainly the linear expression of Western culture."

"My current explorations have not only proven that idea to be

gloriously false, but they have led me into a realm where left and right brain find balance in most fantastic ways. As my studies continue, I find myself exploring math and science with a view more akin to that held by ancient cultures, such as the Mayan and Egyptian, in which art, science, and religion were joined, not separated. This more inclusive view has led to expansive insight and inspiration and has changed my life ..."

"This deck was born of these revelations and the experiential wisdom gained by using them in my paintings. As individuals consult and 'play' with this wisdom they report truth shining through the images and text. It is with respect and humility that I have gathered this information. I offer it to you as food for your new thought."

— Francene Hart

Sacred Geometry, according to artist Francene Hart, is the study of shape and form, wave and vibration, and a reality that transcends the ordinary three dimensions. It is the "new science of compassion." It is the language of creation, existing as the foundation of all matter. It is the vehicle of spirit.

If you have ever gazed upon a spider's web, meditated on or constructed a mandala, walked a labyrinth, visited a pyramid, danced a spiral dance, observed light move colorfully through a crystal, or looked through a microscope or telescope, you have felt the effects of Sacred Geometry.

Hart's **Sacred Geometry Oracle Deck** beautifully incorporates color, images, and shapes, giving the reader a compelling and accessible tool that opens higher levels of consciousness. It is designed, she states, to put you in touch with a holographic view of past, present, and future and your personal place therein. She has referenced the text culturally as well as historically, and layered ancient and modern ideas "with perspectives from around the planet and beyond." Seven unusual and enlightening spreads have been given to help the reader become familiar with the deck and its universal messages. — CHP

Victoria Regina Tarot

Includes 78-card Deck, Book & Velvet Bag

By Sarah Ovenall and Georg Patterson

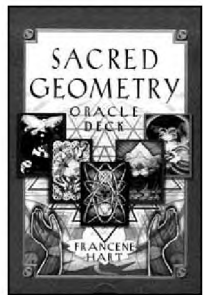
\$34.95. 269 pp. paper.

ISBN 1567185312.

Llewellyn

This tarot deck is brilliant in its design and beautiful in its use of antique engravings. It ushers you into a world of British opulence and industry, during the era of the longest reigning British monarch, Queen Victoria. The unique black and white art collages use engravings of commercial illustrations and historically prominent Victorians to depict the meanings of each tarot card in ways both astounding and unique. Each of the traditional tarot suits has been altered here to reflect the symbols of the industrial age: wands are fountain pens, cups are mason jars, swords are guns, and disks are pocket watches.

The accompanying book is equally illuminating. Each card's image is described in depth, followed by a full interpretation of the card in general and specific terms. In addition, whenever possible, the authors







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ISBN 1-56170-859-3 • \$13.95









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have provided notes on the sources of the images which prove both fascinating and bizarre. Perfect for the collector, historian, or novice, *Victoria Regina Tarot* is a uniquely beautiful deck.

"What we've attempted to do in this book is to find connections between the meanings of the cards and moments or figures from nineteenth-century British history. If we've succeeded, then each should illuminate the other. The goal of our interpretations is to provide a new way of thinking about nineteenth century England and its people, and to provide some new insights into what the cards might be telling you. Each interpretation also includes some ideas on how you can apply Tarot wisdom to your life."

— Sarah Ovenall & Georg Patterson

UFOs

Blue Blood, True Blood

Conflict & Creation

By Stuart Swerdlow

\$25.00. 256 pp. paper.

ISBN 0962644668. Expansions

"As far as the history of this planet is concerned, you can consider that everything you ever learned is a complete lie."

And so begins the newest book by internationally acclaimed author Stuart Swerdlow. *Blue Blood, True Blood* challenges your beliefs, stretches your imagination, and presents startling revelations about our history, our future and ourselves. As always, Swerdlow writes from his own experience. His personal accounts of his



involvement with the secret government and the targeting of the Illuminati provide additional intrigue as he discusses the actual history of the universe, the Milky Way, the solar system and planet Earth.

Blue Blood, True Blood offers captivating information about the multiple alien groups and races, the Reptilian agenda, the crystal skull, and the mixture of inter-stellar lineages, as well as the future plans of the Illuminati and the names of their 13 ruling families. Included are flowcharts of the galaxy's species. If that's not enough to entice you, there is also an amazing 50-page excerpt from Janet Swerdlow's book *Belief Systems Shattered*. Stuart Swerdlow is always a fascinating read, and his personal accounts of the structure of existence may well change the way you think forever. — MM

The Brookhaven Connection

By Wade Gordon, Edited by Peter Moon

\$19.95. 244 pp. paper.

ISBN 0967816211. SkyBooks

The National Security Act, a policy of secrecy that immersed the U.S. government in a labyrinth of intrigue, was invoked in 1947 — in the wake of World War II, and amidst a flurry of reported UFO sightings. No facility has remained as cloaked in this mystery as Brookhaven National Laboratory, the premier nuclear research facility in the world.

Located on Long Island, Brookhaven was selected for the clandestine Phoenix Project, which merged the investigation of the UFO crash at Roswell with that of the Philadelphia Experiment of 1943, in

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The Used Book Branch is a vital part of the Bodhi Tree Bookstore. With some 20,000 books in stock, the selection is enormous, broader in scope than that of the New Book Branch, and the stock changes daily. Here, you can find in-print as well as out-of-print books at bargain prices. In addition, we stock a wide variety of used CDs and cassettes.

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order to probe the unified field theory and secure practical applications of time travel.

The Brookhaven Connection is the life story of Wade Gordon, who as a young boy was tutored by the head of the Phoenix Project and introduced to a mysterious group known as Majestic-12, an above "top secret" faction of the government said to stand at the threshold of humanity's evolution. Gordon, who grew up in and around Brookhaven and surrounded by its top players, tells his personal story of being groomed from a very young age to share in the legacy of the facility's research. Gordon reveals links which tie Brookhaven directly to the Majestic-12 documents (included in this book), the Roswell crash, and the Montauk Project. Also included is a description of a time chamber beneath Brookhaven Lab, which was utilized to monitor the JFK assassination in order to secure funding for the continuation of the lab's secret research.

The goal of *The Brookhaven Connection* is to bridge some crucial missing gaps in our recent history and lead us on a path-way toward the light of realization. — DL

Divine Encounters

A Guide to Visions, Angels, and Other Emissaries

By Zecharia Sitchin

\$24.00. 390 pp. cloth.

ISBN 1879181886. Bear & Co.

Zecharia Sitchin has devoted years to academic search and personal investigations into the relationship of man and the gods. He believes that our elaborate oral and written histories, myths, arts and literature contain an underlying history of mankind and the planet Earth that is both accurate and true. Sitchin pursues the earliest available texts and artifacts and utilizes information from tablets, monuments, murals, pottery, seals and other archeological artifacts to provide key visual evidence for his observations and theories.

Sitchin writes, "It all began, we learn from the various

texts, a very long time ago, with the splashing down in the waters of the Persian Gulf or the Arabian Sea of a group of fifty Anunnaki — a term literally meaning "Those Who from Heaven to Earth Came." ... who established the first extraterrestrial colony on Earth." Their goal was to obtain gold for the benefit of their home planet, but all did not go well. The Anunnaki then decided to create an intelligent worker through a process using an existing creature (early mankind) and a genetic makeover. This took place, Sitchin says, in the place we know as biblical Eden. Eventually, sexual relationships occurred between the Anunnaki and the humans, which gave rise to a new humanity with unique talents and abilities. But it also established an awkward relationship between humanity and its creators.

The story of man, gods, and divinity is told in Sitchin's *Earth Chronicles* series. This book revisits some of that material but particularly addresses the issue of human-divine contacts. *Divine Encounters* encompasses biblical tales of Enoch, who

was taken to the celestial abode; the theophany at Mount Sinai; Sumerian tales of Adapa, who was taken to another planet; and Egyptian pyramid texts of heavenly flights. Sitchin cites instances of oracular dreams and three-dimensional visions as some of the means whereby Man was given access to extraterrestrial secrets or hidden knowledge. He further suggests that the continued interactions between Anunnaki and Earthlings can explain today's UFO phenomena.

In Sitchin's well referenced works, we witness how his towering intellect, combined with his extraordinary linguistic skills, allow him visionary access to ancient works in their original languages. As a result, he creates a persuasive chronicle of a magnificent and inspiring journey involving mankind, the earth, the cosmos, and the extraterrestrial "Gods." This is extraordinary history spanning hundreds of thousands of years.

Zecharia Sitchin's other books are: *The Lost Book of Enki*, *Genesis Revisited*, *The Earth Chronicles: Book I: the 12th Planet*; *Book II: The Stairway to Heaven*; *Book III: The Wars of Gods and Men*; *Book IV: The Lost realms*; *Book V: When Time Began*; and *Book VI: The Cosmic Code*

Best Sellers in Video

OUR BEST SELLING VIDEOS FOR SEPTEMBER 2002 ARE:

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ISBN 9990392188.
Living Arts
- 2 **a.m. Yoga for Beginners: Awaken-Stretch-Energize with Rodney Yee, \$9.98**
ISBN 0945671873.
Living Arts
- 3 **The Goddess Workout by Dolphina. \$20.00**
ISBN 9990299765.
Sea Siren Productions
- 4 **a.m. & p.m. Yoga for Beginners (2 video cassette set) by Rodney Yee. \$17.98**
ISBN 094567189X. \$17.98.
Living Arts
- 5 **The Power of Myth (6 volume boxed set) by Joseph Campbell. \$99.98** ISBN 1561760005.
Mystic Fire Video

Video & Video Rental

The Bodhi Tree carries videos on teachers and gurus from the present and past, healing arts, yoga, martial arts, music and more. For example, we have *The Energetics of Healing* by Caroline Myss (\$44.95, ISBN 156455418X, Sounds True), *The Future of Humanity* by J. Krishnamurti & David Bohm (\$29.98, ISBN 1561761354), and *Heart of Tibet: An Intimate Portrait of the 14th Dalai Lama* (\$29.98, ISBN 1561762482, produced by Martin Wassell, Mystic Fire Video), *The Mahabharata* by Peter Brook (3 video set-6 hours, \$99.95), and *Tensegrity* by Carlos Castaneda (3 videos, \$19.95 each). A complete list of our videos for sale or rent is available upon request (see also: www.bodhitree.com).

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VISIONARY FICTION

From Prison to Paradise

Astounding Information That Will Change Your Life Forever
By David Icke

\$59.95. 3 video cassettes (6 1/2 hours).
ISBN 0953881008. Bookworld

David Icke is the author of the controversial books, *Children of the Matrix*, *And The Truth Shall Set You Free* and *The Biggest Secret*, among many other. He is a captivating and charismatic lecturer with a radical view of humanity tied with a messianic message. With Icke, we explore some bizarre and outrageous areas of thought and documented evidence, and while doing so, he challenges most everyone's belief-system. In this video, David Icke is at the top of his form as he presents six and a half hours of incredible information to an audience at the Vogue Theatre in Vancouver, British Columbia, Canada.

We are born into a world ruled by unseen forces, Icke says, that have plagued and manipulated humanity since "pre-history." He asserts that Earth was colonized by extraterrestrials, creating advanced societies with the knowledge to build fantastic and unexplainable structures like the Great Pyramid and Stonehenge. Icke describes these "gods," and explains how they interbred with each other and the primitive Earth people to produce an Aryan or "noble" race of people who assumed positions of royal power. According to Icke, their descendants continue to control the world — and our lives! But there is a way out and Icke tells us how.

"There are two things you need if you are to uncover and communicate what is really happening in the world. One is to be free of any dogmatic belief system. The second is not to give a damn what people think and say about you, or, at least, not to let that influence your decisions."

"Without number one you will never go into the bizarre areas that are necessary to understand the forces that control this planet. Once you are faced with information that demolishes your belief system you will begin to edit what you have discovered and refuse to go where it is taking you. Without number two, you will never communicate what you have found because you will be terrified of the consequences for you from the reaction of your friends, family, and the public in general."

— David Icke

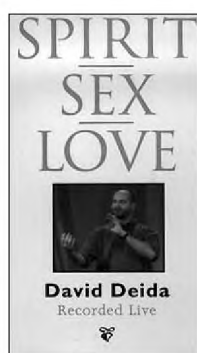
Spirit Sex Love

By David Deida

\$29.95. video cassette.

ISBN 1889762083. Plexus

This video contains live recordings of David Deida working with seminar participants on sexual spirituality. His teachings are lively, humorous, provocative, deeply insightful, and filled with practical information and wisdom. He addresses such questions as: What are the real spiritual and sexual differences between men and women? How can we learn to use our intimate relationships as vehicles for spiritual growth? How can we deepen our sexual loving so that it becomes a divine sacrament of ecstasy? And, how can we use the inevitable difficulties that come up in intimacy as potent catalysts for ever greater



heart-communion?

David Deida continues to revolutionize the way men and women grow spiritually and sexually. His teachings may be controversial to some, but his penetrating insight and "lively" use of language allow him to transform intimate relationships from the ordinary into honest and deeply felt adventures.

Visionary Fiction

A Guide for Grown-ups

Essential Wisdom from the Collected Works of Antoine de Saint-Exupery

By Antoine de Saint-Exupery

\$9.95. 86 pp. cloth.

ISBN 0152167110. Harcourt

I sat down to read through this little book, *A Guide For Grown-ups*, expecting to pick out enduring and profound quotes that we could all relate to. But when I got to the end of the book, I discovered I had marked almost every page. I was overwhelmed by the beauty, simplicity and truth of these words, and how much they can help.

"When we exchange manly handshakes, compete in races, join together to save one of us who is in trouble, cry aloud for help in the hour of danger — only then do we learn that we are not alone on earth."

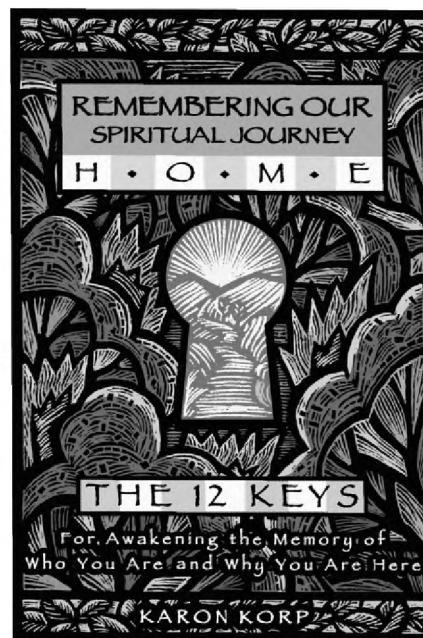
This little book contains Antoine de Saint-Exupery's thoughts on beauty, logic, frustration, creation, responsibility and love; quotes that have been gathered from all of his books as well as his letters. His astute observations compel us to look at our hearts and minds, and our relationships with humanity and the world we share.

"You'll be bothered from time to time by storms, fog, snow. When you are, think of those who went through it before you, and say to yourself, 'What they could do, I can do.'"

A devoted pilot, his life was short; he lived only forty-four years before his plane disappeared over the Mediterranean. But to read his words is to know how fully he lived his life; you will realize how much he valued each day and learn how to do the same. Living honestly, treasuring each moment, friend, and memory, opening our hearts and our minds, risking everything for happiness, friendship or love — that is his legacy.

**This Is
A Book
That Had
To Be
Written.**

Remembering
Our
Spiritual
Journey
Home
The 12 Keys
by
Karon Korp



Log On! www.the12keys.com

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A Book
That Has
To Be
Read.**

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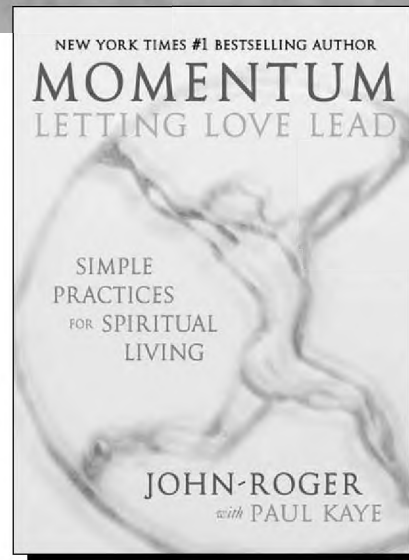
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**The approach is
not to try harder
at making life work.
Life already works.
The big key is to bring
loving into it.**

"John-Roger & Paul
Kaye have given us
the most valuable
of gifts. They have
shown us how to live
each moment as an
occasion for loving."
— Dr. Jean Houston
Bestselling Author &
Researcher

**MOMENTUM
LETTING LOVE LEAD**

by N.Y. TIMES #1 Bestselling Author
JOHN-ROGER with Paul Kaye



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"One's suffering disappears when one lets oneself go, when one yields — even to sadness."

A Guide for Grown-ups is a guide to what is essential. I urge you to read this book.

— MM

"If I summon up those memories that have left with me an enduring savor, if I draw up the balance sheet of the hours in my life that have truly counted, surely I find only those that no wealth could have procured me."

— Antoine de Saint-Exupéry

The Lost Gateways

Discovering Ancient "I Am" Principles

By Margaret Fitzgerald

\$19.95. 244 pp. paper.

ISBN 1552129713. I Am Press

"When the truth comes out to the people it resonates with sound vibration, something akin to music. You are aware that sound evokes and emotional response. Did you know that music makes the universe happy and helps it to evolve? ... The entire range — high notes and low notes — stand for Truth and Light. The purring of cats, the baying of wolves, the singing of birds, even the erupting of volcanoes and the howling of winds — all these sounds have a place on the Universal Keyboard and all of them are positive in vibration. Man alone creates all of the negative energy found on Earth."

— Margaret Fitzgerald

Margaret Fitzgerald draws upon her background as a minister, meditation teacher and intuitive to create this visionary adventure story. It revolves around the hermetic brotherhood of the "I Am" and the teachings of the twelve gateways through which peace, light and love may flow through the world. The main characters travel about the world uncovering vital information hidden from humanity for centuries. This information points to insights and discoveries about our unique Earthly purpose, and the energy and power that resides in our being.

The story begins as Jax Christopher describes a favored "power" place, an "energy vortex," in the foothills of Hollywood near his home. Although Jax has dabbled in spiritual teachings and studied with many teachers, an uneasy pessimism keeps him off balance and unsure. But when a "Being" comes to him and outlines his spiritual task, he discovers new energy and purpose. Jax's mission is to find the twelve Gateways, and then transcribe and publish them. The dissemination of this information is vital, as it can help all of humanity find an enriched destiny free of mayhem, murder and destruction.

The story takes the form of a daily journal in which he recreates his experiences in "power" places and crucial times, and tells his stories of initiations, trials and personal danger. Each adventure unveils another mysterious Gateway, until he returns home to publish this very book. He writes, "I know *The Lost Gateways* will go out to the world. As tears well up in my eyes, I utter the words, 'It is finished.' ... The ancient information from Mu has come back together. The circle is complete. The lost teachings of the 'I AM' have been retrieved and will lay the blueprint for the next twelve years."

This is a story of a man's journey from

a state of isolation and despair into a new way of understanding that allows him to appreciate the deep mysteries of life and to discover a spiritual connection to all beings everywhere. It is an adventure guide to human potential, and a call for global transformation. A sequel to *The Lost Gateway* called *The Lost Rose* is in the works. It launches the characters on another journey that begins September 12, 2001.

I sighed, absorbing the onslaught of information. "You make it sound so simple and easy."

"It is simple and easy, Jax. Man has complicated it with his mind. Stop thinking and start feeling. Connect from your heart to your intuition and set yourself free."

— from *The Lost Gateways*

Woman's Health

Natural Hormone Balance for Women

Look Younger, Feel Stronger, and Live Life With Exuberance

By Uzzi Reiss, M.D./O.B.-GYN.

With Martin Zucker

\$14.00. 294 pp. paper.

ISBN 0743406664. Pocket Books

"Using hormones is an individual art. This book will teach you to become an artist in perfecting and optimizing your intake."

"When you don't take enough of a hormone, you don't get all the benefits. Only when you are close or in the optimum range, will you get the benefits. And if you go a little above your optimum zone, you will get a temporary side effect. The beauty of natural hormones is that your body speaks, and you learn to listen."

— Uzzi Reiss, M.D.

This excellent step-by-step individualized guide tells you how to use estrogen, progesterone, testosterone, DHEA, human growth hormone, melatonin, and pregnenolone replacement safely and optimally. In a warm and accessible manner, Dr. Reiss discusses when to use natural hormones and when not to use them. The instructive discussion he presents on the differences between patented, chemicalized hormonal substitutes and natural hormones, is itself well worth the purchase price of the book.

Reiss explains what forms of natural hormones are the best for you in your particular situation, and discusses the possible responses you will feel from each one. In addition, he tells you how to monitor your responses and then adjust your individual dosage in order to get maximum results. If you follow Dr. Reiss' guidelines, you will find that your energy level remains high throughout the day while your stamina for sustained exercise, fun and play improves. You will also experience less confusion, depression and anxiety, along with better sleep and enhanced sexuality. You will notice that you have fewer mood swings, fewer hot flashes and a better memory. All in all, you will feel better, look better, be stronger and experience life more fully when you replace the hormones that your body lacks.

Dr. Reiss also offers pointed advice on stress management and explains why

monitoring your blood sugar level is crucial. He lists five supplements called 'Sugar-craving Busters' that help you keep your desire for sugar in check. Finally, in the last part of the book, Dr. Reiss offers his informative and surprising findings on the complicated issue of hormones and breast cancer. *Natural Hormone Balance For Women* offers a wealth of much needed, empowering, and potentially life-saving information for women seeking to live healthy and productive lives.

Obstetrician-gynecologist Uzzi Reiss, M.D., has been a leader in the clinical application of natural hormones, nutrition, mind/body principles, and other innovative methods. From his work at free clinics in New York and Los Angeles at the start of his career up to the his present day practice in Beverly Hills, he has used these approaches to maximize the health of thousands of patients. — ICS



Crossing the Unknown Sea

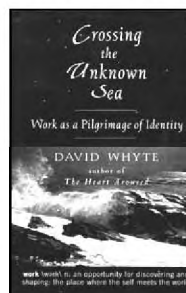
Work as a Pilgrimage of Identity

By David Whyte

\$14.00. 258 pp. paper.

ISBN 1573229148. Riverhead Books

Our work consumes nearly one-half of our waking hours, and for many of us, it is the interlude between the more desirable aspects of our lives. Work is often where we spend much of our time not being present, and not being ourselves. David Whyte points out that "as human beings we are the one part of creation that can refuse itself. Our bodies can be present in our work, but our hearts, minds and imaginations can be placed firmly in neutral or engaged elsewhere." This is a formidable personal tragedy and a failure for business and society reflected in the chaos, unrest, hostility and uncertainty we may experience. In *Crossing the Unknown Sea*, Whyte takes us on a pilgrimage to the center of identity and the roots of growth. It is an invitation to an imaginative conversation about life and work. He calls upon a deep, shared memory of the greater "story" that we often forget we are part, using poetry, gifted storytelling and



personal experience, wrapped in lyrically inspired and powerful prose. He encourages us to open and nurture the artist within each one of us, and to bring our "visionary artistic powers into emancipation with our highly trained empirical powers of division and deduction."

Whyte reminds us that "our work is a measure not only of our lives but of all those who came before us and created the world we inherit." But we are forgetful, and whatever creative powers we have in our work are intimately connected to our ability to remember who we are amidst the traumas and losses of existence. Since ours is a shared relationship, what we do individually is only half the story since "all of our singularities are in conscious and unconscious conversation with everything else."

Whyte advocates dignity, the preservation of personal honor, and fidelity to our own spirits. He writes, "With dignity comes honesty and an unwillingness to sell yourself short, to temporize or collude in cowardly ways that may preserve our jobs but not our honor. There are certain things we should not do, certain people we should not work for, lines we should not cross, conversations to which we should not descend, money we should not earn however easily it may come, things we should not allow ourselves to be called in public." He adds, "There are tremendous forces at work upon us, trying to make us like everyone else, and therefore we must remember something intensely personal about the way we were made for this world in order to keep our integrity."

With the almost daily exposure of corporate greed, government misconduct, and public indifference, this is a book for our times and desperately needed. Much is at stake and Whyte proposes a "courageous vulnerability that invites others by our example to a frontier conversation whose outcome is yet in doubt." He invites us to be attentive, patient, creative and present in order to find fulfillment and nurture our deepest identities. He proposes no laws, only possibilities and sage observations. This is a wise, compassionate and life-changing book about discovery and the shaping of identity to revitalize not only our work but every movement through life. — SM

"To have a firm persuasion in our work — to feel that what we do is right for ourselves and good for the world at the exact same time — is one of the great triumphs of human existence."

— David Whyte

Intuition @ Work

And at Home and at Play

By James Wanless

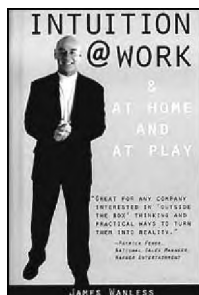
\$14.95. 134 pp. cloth.

ISBN 1590030125. Red Wheel

"Intuition is the life force itself, made conscious to us through a feeling that arises from within. Intuition is our human version of animal instinct. Through our intuition we tap the ultimate resource of all — the very source of life. By following the intuitive spirit all that each of us can humanly be and do is directly revealed and made manifest."

— James Wanless

Intuition is more than the occasional hunch; it is present in every moment of your life, says James Wanless. And in this book, Wanless uses metaphoric and symbolic picture thinking, strategic storytelling, creative walking, art, dreaming, awareness meditation, "metasensory" smelling and tasting, oracles, and visuali-



zation to show you how to feel your feelings, live an authentic life, and base your decisions and actions in the essence of your being. In other words, you learn how to be empowered to act on your own intuition.

One shortcut to accessing your intuition is to know what you are passionate about. What turns you on? Once you know what you love to do in life, especially as it applies to your livelihood, you can face the fear that might be blocking you from living out that passion. Then your intuition will show you how to take action and move through the fear, since it is action that transforms fear into confidence.

Intuition @ Work guides you to that 'aha' place deep inside where you can tap into your soul's knowledge. And throughout the book, you will find wonderfully inspiring quotes from the likes of Helen Keller, William James, Gloria Steinem, Hippocrates, Shunryo Suzuki, John Naisbitt and other well-known figures. Finally, don't forget to do the Intuition Applications. That's where work and play come together.

James Wanless, Ph.D. is a former political science professor and creator of the best-selling *Voyager Tarot*. He is also the author of *Way Of The Oracle* and *Little Stone*. — ICS

The 100 Simple Secrets of Successful People

What Scientists Have Learned and How You Can Use It

By David Niven, Ph.D.

\$11.95. 212 pp. paper.

ISBN 0062517716. HarperSanFrancisco

Many contemporary self-help books contain either psychological theories of human behavior, or an assortment of feel-good platitudes. This one, however, is grounded in the latest cutting-edge scientific research.

What do successful people have in common? Scientists have studied the traits, beliefs, and practices of successful people from all walks of life and in this book, Dr. David Niven collects the latest and most important data from over a thousand studies on success, and spells out the findings in a practical and useful form.

Here are a few samples of Niven's reporting: Having concrete goals increases one's confidence by 50 percent. Volunteering for community service results in 25 percent greater job satisfaction. Age is unrelated to people's commitment to their jobs and their level of job performance. People who speak slowly are 38 percent more likely to be thought of as being well informed. It's not always how hard you work, it's how intelligently and efficiently you work. And people who keep a journal are 32 percent more likely to feel they are making progress in their lives.

In addition, you will find stories, including Olympic gold medalist Paul Gonzales's rise from a gang-ridden Los

Angeles neighborhood, cautionary tales (the collapse of the Schwinn bicycle company), and the simple advice from a schoolteacher that helped Newscaster David Brinkley reach the top of his profession.

Focusing on the workplace and family as well as education and life experience, this inspiring and informative handbook will help you achieve success in all areas of your life. — DL

"The great successes of our time are just extraordinary people on whom fate smiled, aren't they? No, in reality, they're not. Successful people get where they are by following a strategic plan. They learn what it takes to get ahead. We understand that to build a house it takes a plan, a blueprint, but we sometimes forget that to build a successful life, it also takes a blueprint." — David Niven



Fruitflesh

Seeds of Inspiration for Women Who Write

By Gayle Brandeis

\$23.95. cloth. 208 pp.

ISBN 0062517244. HarperSanFrancisco

"Our bodies are fruit. Our bodies are lush, ripe, full of slick seeds."

"Our bodies are fruitful. We can bring forth life from our deepest center. We can spray elaborate fountains of milk. We can give birth to

stories and poems and paintings and bread and bowls and whole new worlds of ideas. Our ovaries are twin passion fruits nestled inside our bellies, packed with luminous seeds of possibility. We are all brimming with creative juice."

"The word fruit comes from the Latin fructus, which means 'that which is used or enjoyed.' Our bodies are ours to use and enjoy fully, down to the last sticky drop. I wrote Fruitflesh to help us as women and as writers learn to enjoy our bodies and gain access to our own organic creative power. Our whole history is written in our flesh. Every pleasure, every pain we've experienced is encoded in our cells. As writers, we have a limitless store of material swirling underneath our own skin. When we bring awareness to our bodies, we bring new life, our own life, into our writing. As we open our senses, our capacity for con-

nection with the world outside and within us increases tremendously, and we open the way for some amazing writing to pour forth."

— Gayle Brandeis

And all this time you thought an apple was just an apple. Gayle Brandeis takes the apple, the orange, the pear, fig, mango, kiwi, strawberry, peach, and many more, and turns them all into lessons about our bodies, our creative selves...returning that which "is our birthright."

Following the evolution of a fruit tree, *Fruitflesh* encourages self-awareness and confidence as a writer. The exercises can be adapted to any writing genre, be it poetry, journals, essays, or novels. Brandeis encourages you to "slither in and out of genres" as you like.

Some fruity exercises: Take a wedge of mango, bend the fruit back and explore the sweet, juicy flesh with your tongue and teeth. Make friends with an Ugli fruit. Study the tiny blackberry, discovering all its nooks and crannies before you pop it into your mouth. Smoosh your face into the curve of a pineapple chunk.

Some non-fruity exercises: Rename everything. Write metaphors. Imagine a vocabulary for sleep. Find a photo that intrigues you and bring the picture to life. Soak in the words of others until you are ready to burst with your own torrent of language.

Any way you slice it, *Fruitflesh* will get you writing. — CHP

The Intuitive Writer

Listening to Your Own Voice

By Gail Sher

\$13.00. 191 pp. paper.

ISBN 0142196045. Penguin Compass

Gail Sher's first guidebook, *One Continuous Mistake*, showed writers how to develop awareness and overcome distraction through her version of the Four Noble Truths (for writers). Now, drawing from Sher's thirty years of experience as a Zen Buddhist, psychotherapist, poet, and teacher, *The Intuitive Writer* is a second enlightening guide for writers seeking to sharpen their own voices, and their perception of the world around them.

The Intuitive Writer consists of four parts: Listening to Oneself — to find courage in one's inner voice;

Listening to the World — to become attuned to the deeper, relaxed, and silent rhythms of the outer world; Listening to Words — to discover their harmony, grace, and resonance; and Process — the final step of sitting down to write.

The Intuitive Writer uses many passages from great writers as well as classic Zen teachings to open a path to the creative process. This invaluable companion explores the wisdom, spirituality, and ultimate uniqueness embedded in the language of everyday life. — DL

"When in stillness, one listens with the heart," says the Chinese pictogram for listening attentively. Listening attentively is the writer's highest form of service. A writer writes without allegiance. None is possible because truth flees at its moment of apprehension. Allegiance is to non-allegiance. The intensity of the imagining ear's response is all. Therefore, the anthem of specificity. If you don't know something specifically, you

don't know it,' said Frost, stooping to immerse himself more deeply into a fern. The Wheel of Life (the Buddhist iconographic one) is a chart of our ordinary human experiences. Laundry done, we realize that life is worth celebrating. Why? Because there is immense dignity stemming from immersion in small, seemingly insignificant details. Staying with them (the poignance of staying with them) is the heart of a writer's work."

— Gail Sher

Spiritual Writing

From Inspiration to Publication

By Deborah Levine Herman

with Cynthia Black

\$16.95. 237 pp. paper.

ISBN 1582700664.

Beyond Words Publishing

"The spirit within motivates spiritual writers. But if you want your book to reach the greatest possible audience, spirit is not enough: you are going to have to become a student of the market. This does not violate

the essence of your spirituality. You could live isolated on a mountaintop, but the greater challenge is to live spiritually in the physical world. So be proud of the challenge you have willingly embraced. It is a privilege to share the walk with you on the path from journey to sale."

"Lastly, watch for the pothole on the spiritual path called 'ego.' Spiritual ego will compel some writers to write because they want to be the message and not serve as a conduit for higher truth. The universe will weed these writers out in its own way, but it is important, as a sincere spiritual writer, to continuously check your own motives. You may have a great deal to offer, but this most difficult of all human vices, ego, may stand in your way. Hopefully, this revelation and the information in this book will help keep you grounded and actively involved in your path and career choices. If you examine your life and choose to grow, you can't go wrong. You will always be given the guidance you need, even when you least expect it."

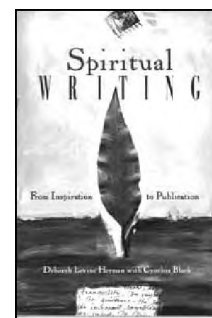
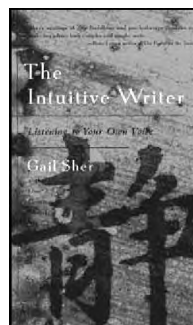
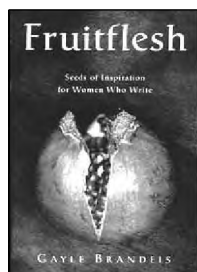
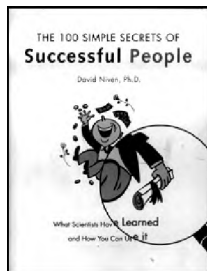
— Deborah Levine Herman

Author and agent Deborah Levine Herman and publisher Cynthia Black wrote *Spiritual Writing* to help the spiritual writer "create a book that both remains true to their vision and still conforms to the protocols of the publishing industry."

To that end, they have included journaling exercises, lessons in objectivity, grounding activities, tips on finding an agent and publisher, guidelines for writing query letters and proposals, a glossary of industry terms, and a generous list of "spirit-friendly" agents and publishers.

Spiritual writing falls into several different categories, and some, naturally, overlap. Herman discusses six of them; Spirituality, Religion, New Age, Christian, Inspirational, and Occult. She also includes an article by publisher Hal Zina Bennett about the fairly new genre of Visionary Fiction.

Spiritual Writing is much more than a "how-to manual." Chocked full of useful, as well as inspiring, information, it is a book that can be used by all writers who need a little, or big, nudge in the right direction. — CHP



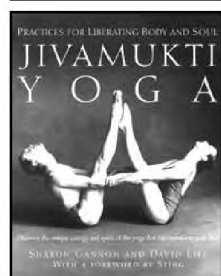
Yoga

Jivamukti Yoga

Practices for Liberating Body and Soul
By Sharon Gannon and David Life,
with a Foreword by Sting
\$16.00. 300 pp. paper.
ISBN 0345442083. Ballantine Books

"It is said that two people cannot satisfy their thirsts from the same fountain and have a different taste in their mouths. There is only one yoga, even though there are many brand

EDITOR'S CHOICE



names for it. Some 'brands' of yoga are based on breaking apart the various yoga practices, such as asana (postures) and pranayama (breath restriction), and studying them individually. This can help the beginning practitioner build a sound foundation. But if our practices are only deconstructed, how will the joining of the mortal and finite small self to the eternal and infinite Self that is the true aim of yoga take place?"

"Jivamukti Yoga is our brand name, but our method is not based on deconstructing the yoga practices. Jivamukti Yoga is our attempt to reintegrate the physical, psychological, and spiritual aspects of yoga for Western practitioners. We are dedicated to teaching yoga as a spiritual practice, and to reminding our students that they are committing themselves to a demanding mystical journey toward enlightenment. We have created a yoga method that provides direction for this journey."

"When you were a child, perhaps you took apart a clock or a radio, or some other mechanical device. You probably soon realized that it was easier to take it apart than to put it back together again! In general, taking things apart is easier than putting them back together — but you don't really know how something works until you can put it back together. In this book we are going to put yoga practices back together that were taken apart (some were even discarded) by curious Americans when yoga was first brought to the United States ...

— Sharon Gannon and David Life

"Jivamukti yoga" was created by Sharon Gannon and David Life. Jivamukti means "soul liberation," which, the authors say, is the true aim of yoga: "to free the soul to merge with God and realize that it is not separate from any other thing." "The name Jivamukti Yoga," they continue, "reflects the fact that it is possible to have a beneficial and fulfilling life in the world, and also progress spiritually — perhaps even attaining liberation (samadhi) while living."

Along with *vinayasa asana* (the art of sequencing asana postures) and meditation, there are chapters on *ahimsa* (nonviolence), *bhakti* (devotion) and *nadam* (sound current, OM). There is also instruction for specific techniques for *pranayama* (breath restriction) and *kriya* (purification).

The *asana* sequences are illustrated with photos and can be practiced on your own, although the authors recommend that you also study with a qualified yoga teacher.

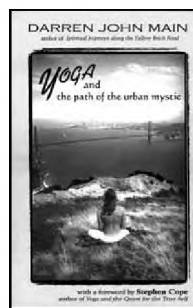
A comprehensive glossary has been included, allowing you to familiarize yourself with the many Sanskrit words evident throughout the text, along with an appendix of recommended reading, viewing and listening resources.

Whatever your yoga practice, *Jivamukti Yoga* will help you strengthen and deepen that practice and lead you onto a path of spiritual clarity and self-discovery. *Namaste.* — CHP

Yoga and the Path of the Urban Mystic

By Darren John Main
\$14.95. 241 pp. paper.
ISBN 1899171398. Findhorn Press

To be in this world, but not of this world is the message of this inspiring book by yoga instructor Darren John Main. The cover illustration shows a figure in meditation on the bluff of a beautiful mountain, overlooking the San Francisco bay. In the distance you see the bustling city, the urban sprawl. The figure is practicing an ancient pose in a modern age. Our challenge, Main asserts, is to embrace this ancient spiritual tradition without leaving the urban world. Using examples from his daily life, he shows us



a realistic, human way to find the divine in our daily grind. Although some of us may be able to attend spiritual retreats from time to time, we always have to come back — to the noise, to traffic jams, to rude neighbors and office politics. Main explains how to turn all of these distractions into darshan, with humor, lightness and love. He also explains the yoga sutras, the chakras, pranayama and other esoteric yoga philosophies in a lively and engaging way. His humorous style and delicious honesty create a thoroughly modern approach to this ancient science.

— LA

"About a year ago I was sitting on the beach feeling quite tranquil. When it came time to go, I gathered my things and put them in my backpack. I then realized that I could not find my sunglasses. I unpacked my bag several times, dug through the sand, and considered accusing the man next to me of stealing them. All the peace I had cultivated while on the beach that day was gone by the time I realized they were sitting on top of my head."

"This is very reminiscent of our spiritual quest. We keep trying to find what we think we have lost, all the time losing our peace of mind and our sanity as we search. Ultimately, what we were looking for was never lost at all."

— Darren John Main

Yoga

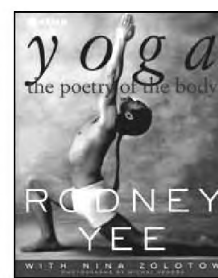
The Poetry of the Body

By Rodney Yee, with Nina Zolotow
\$21.95. 345 pp. paper.

ISBN 0312273312. St. Martin's Griffin

In this beautifully-illustrated guidebook, Rodney Yee reveals his unique approach to the ancient practice of yoga. Well-known around the world, Yee, the codirector of the Piedmont Yoga Studio in Oakland, travels extensively both nationally and worldwide to teach at weekend workshops, teacher-training workshops, and yoga retreats.

With the help of more than 400 black-and-white photos, Yee takes beginners, as



well as more advanced students, step-by-step through eight full yoga practices based on forty-five of the most basic yoga poses. Between these instructions, Yee uses poems, stories, and

thought-provoking student-teacher dialogues to bring abstract concepts alive, and illuminate the essence of yoga.

At first, many of the yoga poses and movements pictured here may seem difficult. But as the authors note, yoga is for everyone — whether male or female, young or old, flexible or stiff, or well or sick. You can start by "listening" to your body in order to do what you can with the body you now have. Even within a limited range of motion, there are infinite possibilities.

Yoga also covers many topics and concerns surrounding yoga practice, including: why one should practice yoga, what to do before practice, how to breathe, what clothes to wear, and how to use yoga props.

Comprehensive though not overwhelming, this is an excellent introduction to yoga in both its physical and spiritual aspects. If you are coming to yoga for the first time, this is a book filled with possibilities. — DL

"In some ways the yoga practice is very simple. It allows you to do movements and body positions that are very natural and yet not common to our vocabulary and in our present-day society. And in doing these movements and postures that our everyday life does not call for we begin to get a sense of freedom in our bodies. Our bodies get to move the way they want to move. Our feet get to be out of shoes and socks and feel the ground. Our arms get to reach above our heads and extend in all directions, in front of us and beside us and in back of us. Our spines get to flex and extend and twist. Our hips get to rotate and feel circular movements in their sockets. And just these very simple, natural combinations of movements can begin to unlock our natural desire to be free in our bodies and to be free in our minds."

— Rodney Yee

Bodhi Tree, Neighboring Businesses Start Valet Parking Program

One of the most common problems of life in Los Angeles is finding a parking space. Here's a guide that we hope will make it easier for you to park and help you avoid getting a parking ticket when visiting the Bodhi Tree Bookstore in West Hollywood. Park cautiously and feel free to ask us where and when you may park.

The City of West Hollywood's Santa Monica Blvd. improvement project is now complete and parking and traffic movement is back to normal. Come experience the attractive tree lined, pedestrian friendly Santa Monica Blvd.

As a way of improving parking on Melrose Avenue, The City of West Hollywood, in conjunction with Urth Caffé and the Bodhi Tree Bookstore and other local merchants, have jointly started a community valet parking program.

VALET PARKING (A New Program)

The community valet parking is available to everyone visiting Melrose Avenue. The pick-up/drop-off area is in front of the Bodhi Tree Annex building at 8583 Melrose Avenue. The cost is \$3.50 and it is in operation from 11 a.m. to 3 p.m. and 6 p.m. to 10 p.m.

WHERE YOU CAN ALWAYS PARK

The Bodhi Tree has three off-street parking spaces near the front of the Used Book Branch on Westbourne Drive.

Parking Meters: You may park wherever you find a parking meter (this includes Melrose Avenue and the side streets as well). You must pay the meter from 9 a.m. — 6 p.m. The meters are free after 6 p.m. and all day Sunday. The maximum time allowed is two hours.

Meters only take quarters — 25 cents for 20 minutes.

Forty-one new spaces (angled parking) are now available on Melrose Avenue west of the Bodhi Tree (in front of the Pacific Design Center and farther west).

WHERE YOU CAN PARK MOST OF THE TIME

The side streets south of Melrose — west side: 2 hour free parking is available on the west side of the side streets south of Melrose (toward the Beverly Center) Monday through Saturday from 7 a.m. to 7 p.m. After 7 p.m. there is no parking in this area, nor all day Sunday.

The Pacific Design Center: The nearest parking lot is at the Pacific Design Center at the corner of

Melrose Avenue and San Vicente Boulevard, just 1 1/2 blocks west of the Bodhi Tree. The hours are 6 a.m. to 10 p.m. Monday through Friday. The rate on weekdays is \$1.00 every 30 minutes with a maximum of \$6.00. **If you enter after 5:00 p.m. there is a flat rate of \$5.00.** On Saturday, parking is free until 6 p.m. After 6 p.m., it's a fixed fee of \$5.00. Sunday is free, 6 a.m. to 10 p.m. If there is no attendant, it's free!

WHERE YOU CAN NEVER PARK

The side streets north of Melrose: No parking is allowed at any time in the area north of Melrose (toward Santa Monica Blvd.), except at parking meters.

The side streets south of Melrose — east side: The area south of Melrose is a different permit area with different rules. There is no parking here at any time on the east side of the street. Parking is allowed at times on the west side of the street (see *Where You Can Park Most of the Time*).

Please don't be discouraged — there's usually enough parking most of the time in the areas listed above.

HOW TO ORDER FROM THE BODHI TREE



Shipping Policy

WE MAKE EVERY ATTEMPT TO SHIP YOUR ORDER WITHIN 24 HOURS.

If we have to backorder any part of your order, we will notify you as soon as possible. You will not be charged for any item until it's shipped. You may cancel your order at any time. We ship UPS ground (insured) within the continental U.S. whenever possible, otherwise, via the U.S. Postal Service. Normal delivery time within California is 1-3 business days/coast-to-coast is 5-7 business days. UPS does not ship to P.O. box addresses.

Inquire about FedEx rates.

Shipping Table

Purchase Amount	UPS Ground or U.S. Mail	UPS Second Day Air	Hawaii
			Mainland Alaska
0 - \$15	\$4.75	\$14.25	\$25.25
\$15.01 - \$35	\$5.55	\$15.75	\$32.00
\$35.01 - \$50	\$6.50	\$20.25	\$37.60
\$50.01 - \$65	\$7.00	\$23.00	\$40.80
\$65.01 - \$80	\$7.75	\$27.75	\$47.30
\$80.01 - \$95	\$8.50	\$32.00	\$54.00
\$95.01 - plus	\$9.50	call for quote	

International Orders

Please use the table below to determine your estimated shipping costs. We normally ship Surface to international destinations unless you specifically request Air — call, write, e-mail, or fax for exact air charges. Payment: Charge cards are preferable. Checks or Money Orders must be in U.S. dollars drawn on a U.S. bank.

For estimation of weight, one may assume that each hardback book weighs 2 pounds, each paperback weighs 1 pound, each cassette weighs .25 pounds and each CD or video cassette weighs .5 pounds. Round up total estimated weight to next full pound.

International Shipping Table

Weight Not Over	Surface Rate	Air Rate
1 lb.	\$5.00	\$11.00
2 lbs.	\$7.65	\$17.00
3 lbs.	\$10.00	\$24.00
4 lbs.	\$12.45	\$31.00
5 lbs.	\$24.25*	\$38.00**

* add \$1.50 for each additional pound.

** add \$4.00 for each additional pound.

International Customers: Please indicate shipping method on order form.

PRICES: Subject to change without notice.

BY PHONE

1-800-825-9798 (Outside L.A. County)

1-310-659-1733 (Local Calls)

Hours: **10 a.m. - 11 p.m., every day,**
Pacific Time

Before you call, please fill out the order form below for easy reference when placing your order. Please have the ISBN number, your credit card number and the expiration date.

BY FAX

Cut out order form below and fax to
1-310-659-0178. Credit card orders cannot be processed without your signature.

E-MAIL

bodhitree@bodhitree.com

ONLINE

<http://www.bodhitree.com>

BY MAIL

Please be sure to fill out form completely and address your envelope:

BODHI TREE BOOKSTORE

ATTN: Mail Order

8585 Melrose Ave.

West Hollywood, CA 90069-5199

ORDER FORM

Please Print

Date _____

☐ Is this a gift? ☐ Enclose gift card?

Customer Number _____

(from top right corner of label)

☐ Would you like gift wrap?

Ordered By:

Name _____

Street Address _____

City, State, Zip _____

Daytime Phone (____) _____ - _____

Fax (____) _____ - _____

E-Mail Address _____

Ship To:

Name _____

Street Address _____

City, State, Zip _____

Daytime Phone (____) _____ - _____

Quantity	ISBN #	Title, Author	Price Each	Amount

Amount enclosed \$ _____

_____ / _____ / _____ Exp. Date ____ / ____ / ____

☐ Visa ☐ Mastercard ☐ Discover ☐ American Express

☐ Check/Money Order. Make check/money order (in U.S. drawn on a U.S. Bank) to Bodhi Tree Bookstore. Please do not send cash

SIGNATURE _____

NOTE: Your order cannot be processed without your signature.

Add sales tax for items shipped to California addresses.

Outside L.A. County, add 7%.

Inside L.A. County, add 8%.

Subtotal

Sales Tax

Shipping

☐ By Surface

☐ By Air

Total

Or order from our online bookstore on the World Wide Web at <http://www.bodhitree.com>

Returns Policy

We are committed to your complete satisfaction. If you are unhappy with your order for any reason, return it to us within 30 days for a full merchandise refund.

Gift Certificates

Certificates are available in any amount and are sent via U.S. mail at no charge.

Mailing List

If you are currently on our mailing list and you would not like your name made available to any other organization or company, please send us the mailing label from this issue or write your name and address on a piece of paper and send it to:

Bodhi Tree Bookstore Book Review, Dept. RMN
8585 Melrose Avenue
West Hollywood, CA 90069-5199

Tell a Friend

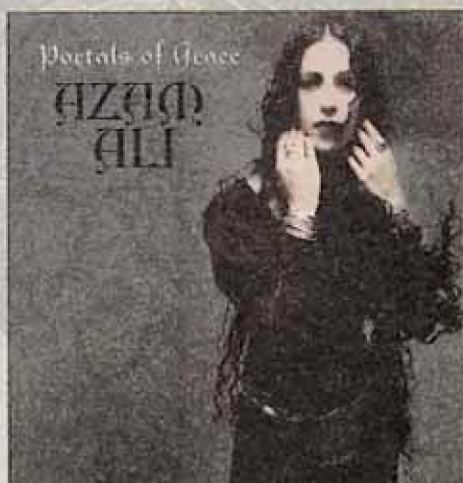
Send a friend a *Bodhi Tree Book Review* free of charge.

Name _____

Address _____

sublime rhythmic

*"It's unlikely
that this year
will bring
a more spellbinding
vocal album."
— Billboard*



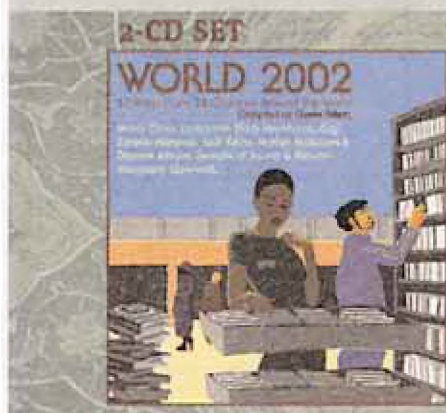
Azam Ali *Portals of Grace*
In this stunning solo debut, Vas' mesmerizing vocalist, Azam Ali interprets medieval sacred and love songs from various traditional European cultures, with period instrumentation and the distinct flavor of her own Middle Eastern heritage.



Greg Ellis *Kala Rupa*
Explorations of Rhythm
Vas percussionist Greg Ellis leads a journey through various forms of rhythm and time, from ambient space to ecstatic drumming, opening windows of transcendence.

*"A visionary work... beautifully
played... it dances, it entrances,
it bristles with a magical glow."*

— Mickey Hart



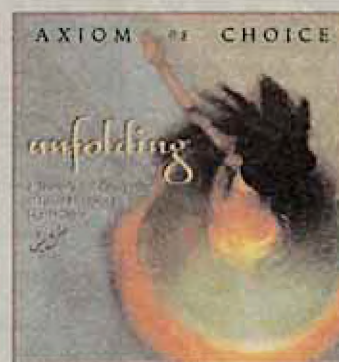
WORLD 2002
The best music made around the world compiled by BBC's famed DJ Charlie Gillett — 37 artists from 24 countries, including Manu Chao, Ladysmith Black Mambazo, Estrella Morente, Gigi, Salif Keita, Malian Musicians & Damon Albarn, Temple of Sound, among others.



THE RING Keiko Matsui
Pianist Keiko Matsui's eloquent and spiritual style is showcased on *THE RING* — beautifully sweeping compositions infused with classically inspired simplicity.

*"UNFOLDING reflects
our search for life's
deeper meaning, and
offers the vehicle of
music to smooth
the way. ...it is about
seeking, beauty,
and above all, love."*

— Tom Schnabel,
Café L.A. (KCRW)



UNFOLDING Axiom of Choice
Interpreting the spirit of Khayyam's evocative poetry, Axiom of Choice crafts progressive Persian music. Quarter-tone guitar, duduk, cello, ney, kamancheh, percussion, and exquisite vocals create a lush palette of sounds and rhythm.

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WORLD**



BODHI TREE BOOKSTORE

8585 MELROSE AVENUE,
WEST HOLLYWOOD, CA 90069-5199
1-(800) 825-9798 (outside L.A. County)
1-(310) 659-1733 (local calls)
Fax 1-(310) 659-0178 e-mail: bodhitree@bodhitree.com

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